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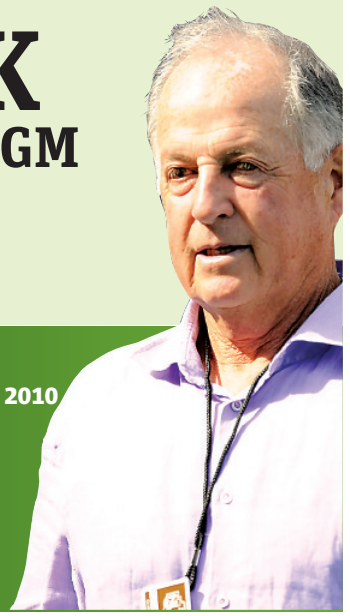
A SURREAL CAMPING TRIP
KATE AND BROOD MEET THE PALINS {page 14}

GILLICK
FORMER JAYS GM HALL-BOUND
SPORTS {page 32}



OTTAWA metro®
Tuesday, December 7, 2010
www.metronews.ca
News worth sharing.

Teen found dead

- Young victim was reportedly dumped from a car and left to die: Witnesses
- Cab driver who saw the incident was able to get the licence number of the vehicle

TRACEY TONG/METRO

▶ An Ottawa police officer surveys the scene of a suspicious death on Booth Street yesterday morning. A witness said police covered a pool of blood on the sidewalk with a yellow tarp.
More photos at metronews.ca/local

Police are investigating a suspicious death after a 16-year-old boy was found dead on a sidewalk on Booth Street yesterday.

Police were called to the 300 block of Booth Street between Eccles and Poplar streets at 10:27 a.m., where they found an unconscious male outside.

The young male had no vital signs upon the arrival of paramedics, said paramedic spokesman J.P. Trottier.

Police have not confirmed whether the suspicious death is a homicide, said Ottawa police Const. J.P. Vincelette. The identity of the person is being verified and the cause of death will be determined by autopsy.

A witness who lives across the street from where the body was found said he opened his curtains to see flashing lights and paramedics gathered around a body on the ground.

Someone was screaming, said the man, who refused to give his name. "He was saying, 'he's dead, he's dead.'

"They were all pretty hysterical about what had happened."

The young man's torso was covered in blood, he said.

Kim Nguyen, who lives near the scene, said her son David heard a popping sound and saw a car dump the victim.

She describes the person as a "very young man" — possibly of Italian or Middle-Eastern descent.

Nguyen saw emergency workers tending to one or possibly two wounds in the upper left side of the teen's chest.

TRACEY TONG
WITH FILES FROM THE CANADIAN PRESS

Wellness

As mercury drops, stay in top shape

- Lighter flu season ahead, say experts
- Would you give your front teeth an artificial gap?
- New yoga program unites mind, muscles {pages 22-25}

Ottawa honours murdered women

Services held on anniversary of Montreal massacre {page 3}

Ont. hospitals miss wait targets

Patients left waiting for ER help, home care: Report {page 7}

List of Canada's hotspots leaked

U.S. officials made note of crucial Canadian sites {page 6}

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Ottawans gather to mourn slain women

- Vigil participants comfort survivors, push for change
- Second indoor event followed at First United and All Saints' Westboro Church

STEVE COLLINS
OTTAWA@METRONEWS.CA

With cold hands and warm hearts, Ottawa residents gathered at Minto Park to mark the National Day of Remembrance and Action on Violence Against Women last night.

An aboriginal women's drum circle performed while volunteers took turns at the microphone reading out the names of the 14 women killed by a gunman at Montreal's Ecole Polytechnique 21 years ago, and those of local women who died violently in the past year.

The vigil caused mixed emotions for Sagal Jibril, 17.

"I imagine it happening to my family or my close friends or myself," she said. "It just puts that fear in me all the time, so I want to make a change, be a part of this movement and finally see something positive out of it."

"I watched my mom survive through violent situations and I myself am a victim in the past, but I'm a survivor and this is a way to prove that we have more strength than we give ourselves credit for."
ERIN ALBRIGHT, CITY FOR ALL WOMEN INITIATIVE

The simple act of coming together, said Ottawa's Erin Albright, made her hopeful.

"You know that you're united for one thing, and the more people that speak up, the more chance we have of changing the laws and getting violent offenders off the streets and getting them help," she said.

TRACEY TONG/METRO

▶ Hundreds of women and men, some with signs, gathered at the Women's Monument to honour and to grieve all women who have suffered acts of violence.

TRACEY TONG/METRO

▶ Kate Mussett, left, and Sylvia Cook were some of the many people who become emotional at the gathering for the National Day of Remembrance and Action on Violence Against Women at Minto Park last night. More photos at metronews.ca/local.

1 news

Blizzard gives World of Warcraft a facelift by blowing it up. Scan the code for the story,

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Allan Small on why worse-than-expected economic news means it's a good time to be bullish on the market. More at metronews.ca/investing

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Funds bringing Canadian tech to the world

Academic, government and private partners work together to commercialize new scientific discoveries

The federal government is investing $61.1 million to get more technology from the lab to the marketplace, the industry minister said here yesterday.

Speaking in downtown Ottawa, Tony Clement announced the funding of five new Centres of Excellence for Commercialization and Research.

"It's through these types of programs that all Canadians can benefit from the incredible work our researchers are performing," he said. "Our government remains committed to supporting innovation from the lab bench to the store shelf."

The funding focuses on environmental science, natural resources and energy, health, and information and communication technologies. So far, the Harper government has committed $225 million in funding for 17 centres.

STEVE COLLINS

Funding recipients

- The MiQro Innovation Collaborative Centre in Bromont, Quebec — $14.1 million
- The Centre for Commercialization of Regenerative Medicine in Toronto — $15 million
- The Centre for Imagining Technology Commercialization and Research in London, Ont. — $13.3 million
- The Leading Operational Observations and Knowledge for the North (LOOKNorth) in St. John's, N.L. — $7.1 million
- The Wavefront Wireless Commercialization Centre in Vancouver — $11.6 million

▶ Industry Minister Tony Clement announces the new funding at the Innovation 2010 Conference in Ottawa.

Hanukkah. Lights

▶ Deborah Aarenault, left, and Ottawa Police Deputy Chief Charles Bordeleau, right, watch Rabbi Chaim Mendelsohn light the menorah yesterday at the Ottawa police headquarters.

JOE LOFARO/FOR METRO

Lighting the fifth candle

Members of the Ottawa Police Service, Mayor Jim Watson, and members of Ottawa's Jewish community celebrated the fifth day of Hanukkah at the police headquarters yesterday. According to Jewish beliefs, the menorah lighting symbolizes the miracle of the eternal flame inside the Holy Temple, which remained lit for eight days.

Next stop: The Ottawa Food Bank

Christmas came early at the Ottawa Food Bank after OC Transpo delivered food collected from the 26th annual OC Transpo Food Drive yesterday.

OC Transpo employees and volunteers collected more than 90,400 non-perishable food items and more than $24,000 in cash and food vouchers over the weekend.

The Ottawa Food Bank provides 43,000 people — 40 per cent of whom are children — with emergency food assistance every month. TRACEY TONG

Students OK after fire in apartment

Smoke alarms are being credited with waking four university students after a fire broke out at their 1218 Meadowlands Dr. East apartment late Sunday night.

The fire, which was caused by an unattended pot on the stove in the 6th floor highrise apartment unit, caused an estimated $85,000 in damages, the fire department said yesterday.

Minto has provided temporary housing for the four tenants.

TRACEY TONG

Lifesavers honoured at legislature

Two Ottawa women were recognized in the Ontario legislature yesterday for saving the life of a man at the Barrhaven Legion earlier this month.

Nepean-Carleton MPP Lisa MacLeod paid tribute to Stacy Lamb and Lynn Hughes, who used an on-site defibrillator on a man who went into cardiac arrest at the Barrhaven Legion Nov. 6.

"Without their immediate action and training in CPR, this night may have ended in tragedy," said MacLeod. TRACEY TONG

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U.S. list of crucial Canadian sites leaked online

Extensive list attached to classified memo includes dozens of installations, from mines to nuclear plants

Canadian security experts say leaking a U.S. note about possible terror targets in Canada is like doing the extremists' homework for them.

The WikiLeaks publication of an American diplomatic cable listing Canadian bridges, pipelines, power plants and other sensitive places vital to the United States is a worrying development, said Liberal Sen. Colin Kenny.

"You don't have to be a rocket scientist to figure out some aspects of critical infrastructure. But there are other aspects you'd have to work at pretty hard, and you might not think about them," said Kenny, who long served as chair of the Senate committee on national security.

"So I'm starting to get concerned. If this is the tenor of leaks coming, then we have a problem on our hands."

In the classified message, the U.S. State Department asked its worldwide posts to help update a list of sites "which, if destroyed, disrupted or exploited, would likely have an immediate and deleterious effect on the United States."

THE CANADIAN PRESS

Vital sites

Some Canadian sites from the 2009 list of critical infrastructure sites outside the U.S. that Americans regard as vital:

- Hibernia Atlantic undersea cable landing, Halifax
- James Bay Power Project, Quebec
- Mica Dam, B.C.
- Pickering Nuclear Power Plant, Ontario
- Enbridge Pipeline Alliance Pipeline
- CPR Tunnel Rail Crossing, Ontario
- Chalk River Nuclear Facility, Ontario

Pakistan. Attack

▶ Pakistani volunteers rush a person injured by a suicide attack to the emergency ward of a local hospital in Peshawar yesterday.

MOHAMMAD IQBAL/THE ASSOCIATED PRESS

Dozens dead in suicide blast

Two suicide attackers wearing police uniforms and jackets packed with explosives and bullets blew themselves up at a gathering of tribesmen to discuss the formation of an anti-Taliban militia in northwest Pakistan yesterday. Officials said at least 50 people were killed and more than 100 were wounded.

$20B **The earning potential of MMA likely isn't lost on the province, which is running a deficit of almost $20 billion.**

Ontario gives MMA the OK

The Ontario government announced it will begin accepting applications for MMA events Jan. 1, noting just one major event could attract up to 30,000 fans and generate up to $6 million. THE CANADIAN PRESS

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Wait time aims not met: Report

ER patients with serious conditions waiting 12 hours or more — far off Ontario's 8-hour target: Watchdog

Many Ontario patients aren't discharged from hospital on time and are still facing overcrowding and delays in emergency departments despite extra government cash, the province's financial watchdog said yesterday.

More than 50,000 patients stayed in hospital longer than necessary last year because their ongoing care couldn't be arranged, auditor general Jim McCarter said in his annual report.

"Overcrowding and delays in emergency rooms continue to be an issue often because hospitals have problems freeing up in-patient beds." JIM MCCARTER, AUDITOR GENERAL

About one in five patients require support when they leave the hospital, he said.

About half the patients who needed home care had to wait in hospital an average of six extra days, while 90 per cent of those who needed long-term care waited over four months.

McCarter found those patients end up occupying much-needed beds that could help alleviate the waits in hospital ERs.

Many ERs aren't meeting provincial targets for wait times, despite $200 million in extra funding over two years, he said in his report. THE CANADIAN PRESS

ROBERT BENZIE/TORSTAR NEWS SERVICE

▶ Jim McCarter

Video. Evidence

▶ This undated photo taken from a cellphone video aired by Portland, Ore., television station KPTV, Mohamed sman Mohamud. The station says it was recorded last May. In the footage, Mohamud rants against the West.

THE ASSOCIATED PRESS/KPTV

Charges shock friends

The FBI charges Somali-born Mohamed Osman Mohamud was ready to kill thousands at a Portland Christmas tree lighting ceremony on Nov. 26. But Mohamud's friends describe the slender teen, who knew him as "Mo," as a quiet teen who liked to drink gin and play video games. Mohamud has pleaded not guilty to attempting to use a weapon of mass destruction.

Mexican Ad lambasts Alta. MLA on oilsands

Not worth it?

Gillian McEachern, an Environmental Defence spokeswoman, says Canadian political leaders are ignoring the environmental damage because of the billions of dollars the oilsands generate.

Alberta Environment Minister Rob Renner is the subject of a full-page newspaper advertisement in Mexico that thanks the politician for doing nothing to stop global warming.

Renner will be in Cancun, Mexico this week to attend an international climate change conference where he's expected to promote the benefits of the oilsands.

The ad — placed in the Cancun region's main newspaper by the group Environmental Defence — is from a mock oil group called the Canadian Alliance of Petroleum Peddlers.

It depicts Renner with a sombrero digitally fixed on his head and a note of thanks for letting oil flow from northern Alberta while doing nothing to stop pollution.

Renner has not commented on the advertisement. THE CANADIAN PRESS

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FAMILY FEUD

L'Oreal heiresses end legal battle

France's richest woman and her daughter have resolved a protracted legal dispute over more than one billion euros ($1.3 billion) that swelled into a national scandal and raised questions about the future of the family fortune, lawyers said yesterday.

"There is no more case as far as we are concerned," lawyer Olivier Metzner said. L'Oreal cosmetics heiress Liliane Bettencourt, 88, and her daughter Francoise Bettencourt Meyers have reconciled, Metzner said, adding, "We are bringing an end to all procedures given this familial reunion."

▶ Francoise Bettencourt Meyers

THE ASSOCIATED PRESS

Continental ruled guilty in crash

Continental Airlines Inc. and one of its mechanics were convicted in a French court of manslaughter yesterday because debris from one of its planes caused the crash of an Air France Concorde jet that killed 113 people a decade ago.

THE ASSOCIATED PRESS

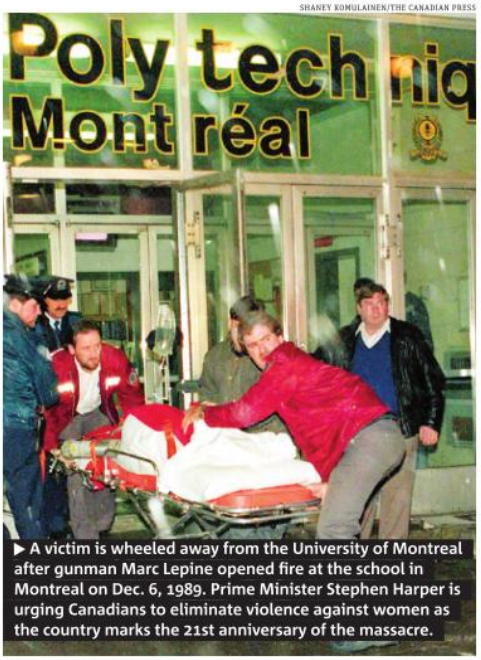
Japan, U.S. unite with S. Korea

In a show of unity, the U.S., Japan and South Korea said yesterday they would not resume nuclear negotiations with North Korea until it stops its "provocative and belligerent" behaviour and takes concrete steps to roll back its nuclear arms program.

THE ASSOCIATED PRESS

Montreal massacre sparks gun debate

SHANEY KOMULAINEN/THE CANADIAN PRESS



▶ A victim is wheeled away from the University of Montreal after gunman Marc Lepine opened fire at the school in Montreal on Dec. 6, 1989. Prime Minister Stephen Harper is urging Canadians to eliminate violence against women as the country marks the 21st anniversary of the massacre.

Harper deplores 1989 massacre in statement, calling it 'heinous'

The 21st anniversary of the Montreal massacre reignited political combat over gun control yesterday.

The Harper government came under fire for last week's decision to delay — for the third time — regulations that police say are essential to quickly trace guns used in crimes.

Liberal Leader Michael Ignatieff said the timing of the decision demonstrates the Conservatives' insensitivity to the national trauma caused by the 1989 tragedy, in which Marc Lepine gunned down 14 female engineering students at Montreal's Ecole Polytechnique.

"They just don't understand how deeply wounding this massacre was to the psyche of Canadian women and Canadian men, moms and dads alike," Ignatieff said after taking part in a Parliament Hill ceremony honouring the victims. "The idea that young women could be singled out and systematically massacred for no other reason than that they were women ... has just marked Canada forever and the Conservatives simply don't understand what that did to us."

"It's the contribution that we can make to keep everybody safe, but especially our young women."
MICHAEL IGNATIEFF

The massacre prompted the Liberal government of the day to introduce strict new gun-control measures, including the controversial gun registry.

THE CANADIAN PRESS

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B.C.'s NDP leader quits after infighting

- Carole James faced harsh criticism over leadership
- Announces she'll step down immediately

B.C. New Democrat Leader Carole James has resigned following weeks of internal dissent.

James called a hasty news conference yesterday morning and announced she will step down immediately as the Opposition leader, blaming infighting among her caucus.

Her voice cracking, James told reporters she was proud of the work the party has done under her leadership.

"I spent my entire life building things, not taking them apart," she said in Victoria.

James said she worked to rebuild the caucus but "there are some individuals who want to continue the infighting. If I'm the one who's become the excuse for some folks ... then I'm removing myself."

RICHARD LAM/THE CANADIAN PRESS

▶ Carole James

The party cancelled an emergency caucus meeting planned Sunday to deal with the ongoing controversy over James' leadership.

Last week, the party's longest-serving MLA put the final nail in James' political coffin with a blistering public attack on her leadership.

MLA Jenny Kwan's call for an immediate leadership convention was only the latest in a string of dissent and criticism that saw one MLA turfed from caucus and several others publicly renounce James' leadership.

James was elected leader of the B.C. New Democratic Party on Nov. 23, 2003.

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Google finally cracks open eBooks store

Google books can be read via web browsers, free Apple apps and Android, but are Kindle incompatible

GOOGLE.COM/AP PHOTO

▶Google's books website

Google Inc. is making the leap from digital librarian to merchant in a challenge to Amazon.com Inc. and its Kindle electronic reader.

The long-awaited Internet book store, which opened yesterday in the U.S., draws upon a portion of the 15 million printed books that Google has scanned into its computers during the past six years.

About 4,000 publishers, including CBS Corp.'s Simon & Schuster Inc., Random House Inc. and Pearson PLC's Penguin Group, are also allowing Google to carry many of their recently released books in the new store.

Those publishing deals will ensure that most of the current bestsellers are among the three million e-books initially available in Google's store, said Amanda Edmonds, who oversaw the company's partnerships.

Millions more out-of-print titles will appear in Google's store, called eBooks, if the company can gain federal court approval of a proposed class-action settlement with U.S. publishers and authors.

THE ASSOCIATED PRESS

French. Trade

▶ President of the Republic of India Pratibha Patil, Dr Devisingh Shekkawat, from left, French first lady Carla Bruni-Sarkozy and French President Nicolas Sarkozy at the Rashtrapati Bhavan in New Delhi, India.

REUTERS

Sarkozy aims to ink India contracts

French President Nicolas Sarkozy is on a four-day working visit to India accompanied by defence, foreign and finance ministers and nearly 60 business leaders. He is expected to chase lucrative French-Indian trade contracts. He is also expected to seek support for his G20 agenda, on his first visit to a member state, after taking over the presidency of the G20 group.

Wal-Mart equity case threatened

The U.S. Supreme Court will consider throwing out a massive lawsuit that claims Wal-Mart pays women less than men and promotes women less frequently.

The justices stepped into a case yesterday that could involve 500,000 to 1.5 million women who work or once worked at Wal-Mart.

THE ASSOCIATED PRESS

Number of passengers up in air

Canada's two largest airlines have both reported an increase in passenger traffic in November compared with the same month last year, with WestJet seeing bigger gains than Air Canada.

Air Canada said yesterday that its passenger traffic increased by 7.5 per cent, while WestJet posted a traffic increase of 17.9 per cent. THE CANADIAN PRESS

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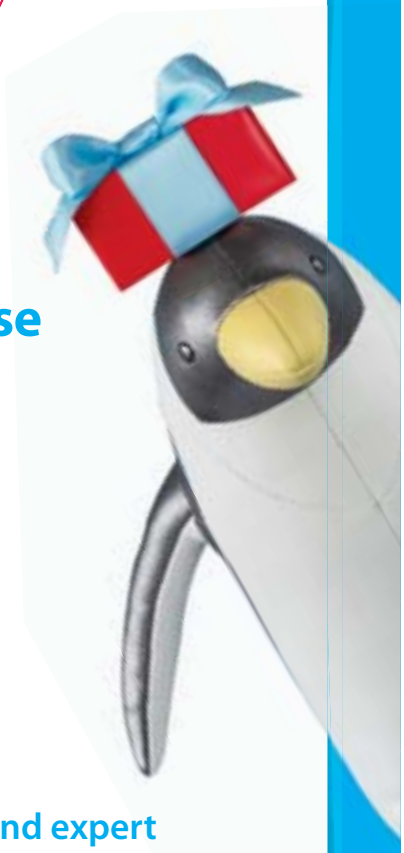

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GETTING IN TOUCH WITH YOUR JEALOUSY

She says ...

JESSICA NAPIER

This might sound strange, but sometimes I wish my boyfriend was a little more jealous. OK, make that jealous period.

Maybe I'm crazy, but if your significant other never acts like a green-eyed monster you start to wonder if maybe they wouldn't care if you took another lover on the side.

Jealousy is one of our most primal instincts and when it rears its ugly head, it's hard to ignore. Suspicion and distrust, completely irrational or otherwise, can drive a sizeable wedge between even the most compatible of couples.

But ignore the whole deadly sin thing for a second and consider the fact that jealousy, in the correct measure, might actually be a very important part of a relationship. It's not exactly healthy, but it can be reassuring. Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?

"Nothing says I'm still passionate about our romance like an emotional outburst over a mysterious text message, right?"

As you might have guessed, I have, on occasion, been a little bit of a green-eyed girl. I promise I'm not one of those *I'm going to hack into your Facebook account in a suspicious rage* types. I specialize in passive-aggressive displays such as the always popular, *I'll sit here brooding for the better part of an hour because you gave our waitress in a low-cut shirt a lingering stare* routine.

Of course, all of these instances of petty pouting have a lot more to do with my own insecurities than any philandering behaviour on his part.

Being one of the most naturally confident people in the world, my significant other never feels threatened. He thinks of jealousy as a pointless exercise in time wasting. And while he's probably right, I still find it irritating.

Recently we were out at a bar with friends and I found myself cornered by a particularly slick-talking guy while my boyfriend was in the washroom. When he returned he didn't approach the situation with an assertive "She's with me buddy" speech. Instead, he stood at a distance and laughed as I awkwardly tried to escape the flirtatious advances of Mr. Too Much Hair Gel.

How wonderful it is to find someone so trusting and good humoured, right? Yes I suppose I should be glad that I haven't partnered up with an overly possessive caveman. But come on; is it so backwards of me to crave a little bit of protective chest-puffing once in a while?

Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

Hearts get out of ice age

Worth mentioning

MEDICAL. Andrea Ybarra belongs to a small group of people who have had a "beating heart" transplant, an experimental operation where the donor heart is placed into a special box that feeds it blood and keeps it warm and ticking outside the body.

Despite advances in heart transplantation, the way hearts are moved around remains low-tech — organ recovery specialists stuff an off-the-shelf picnic cooler with ice and jet off at odd hours to a donor hospital where a heart from a brain-dead patient awaits. They inject a chemical to stop the organ and preserve it in the ice chest for the trip home.

The longer it takes to remove a heart and transplant it, the greater the patient's chance of death or heart disease.

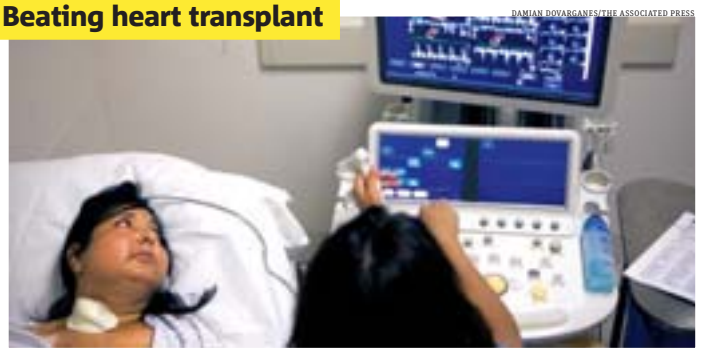
The new high-tech heart box circulates blood from the donor to the heart so that it continues throbbing while in transit.

If the new technology succeeds in preserving hearts longer, doctors could make cross-country heart runs without worrying about how long it takes. If a heart can survive outside the body longer than the current limit, heart transplants may someday be less an emergency procedure and more like an appointment that can be scheduled.

THE ASSOCIATED PRESS

Beating heart transplant

DAMIAN DOVARGANES/THE ASSOCIATED PRESS



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Metro Minute at a chocolate museum

Venture outside of Ottawa to visit the Chocolate Making Economusée.

Located at the old Montebello train station in Outaouais, a short drive from Ottawa, the chocolaterie features organic free-trade chocolate specialties by chocolate makers and head chefs Gaëtan Tessier and Luc Gielen.

The museum, which opens today, is part of the Economusée Society Network, a private non-profit organization composed of a group of people who share a common vision. The objectives include conserving traditions, helping artisans to become financially self-sufficient so that they can honourably pass on their knowledge from one generation to the next, and to develop cultural tourism. ● TRACEY TONG

CONTRIBUTED

▶ The museum is open daily from 10 a.m. to 6 p.m.

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2 scene

Gosselin clan visit the Palins in Alaska

TLC reality show stars get together for a family camping trip in the former governor's home state Can the pampered single mom Kate keep up with the outdoorsy Palins?

GILES MINGASSON/THE ASSOCIATED PRESS/TLC

▶ Former Alaska Gov. Sarah Palin, left, shakes hands with Gosselin twins, Cara, right, and Mady, as their mother Kate Gosselin looks on as the Palins and the Gosselins go on a camping trip in Coffee Creek, Alaska, during a taping of Sarah Palin's Alaska.

Kate Gosselin is not a happy camper.

On this week's edition of Sarah Palin's Alaska, she and her brood make a much-anticipated guest appearance. But don't expect it to reveal her inner Daniel Boone.

"How would you like to go camping with Kate and her eight kids — that TV show you watch?" Sarah Palin asks her daughter, Piper, at the start of the episode.

Piper squeals with delight at the idea of hanging with these stars of another TLC series.

As things develop, the camping trip in the Alaskan wilds will be no day at the beach for Kate. But it makes for a hilarious hour of Palin's show, which airs on TLC Sunday.

Read no further if you don't want spoiler details of Kate's stab at roughing it.

For a few fleeting moments, it seems she will savour her visit with the Palin family. She instantly bonds with Sarah, as they compare notes on the predatory nature of the media.

"There's not a whole lot of people that I run into that can understand the scrutiny (by) the media and beyond," says Kate, whose crumbling marriage to Jon was documented on Jon & Kate Plus 8 while it spurred a feeding frenzy from the tabloid press.

Now, single mom Kate and her kids just happened to be in Alaska taping one of her Kate Plus 8 specials, which occasioned their guest spot with the Palins.

The first stop: Sarah takes Kate to a bear safety class to prepare her for their camping expedition.

On the road from Wasilla to the class in Anchorage, Sarah sort-of jokes that, in case of a bear attack, "You need a partner with you who's slower than you."

"Oh, my gosh!" replies Kate, who already was spooked by the bear rug in the Palins' home. "Sacrifice your friends?"

At the rifle range, she looks more miserable than she used to look with Jon.

And that's only the beginning.

The day of the camping trip, it's — wouldn't you know? — pouring rain.

Out in the middle of nowhere by a stream and surrounded by mountains, Sarah is smiling, chipper and (literally) loaded for bear.

"Rain or shine, Alaskans still camp. We still find a way to have fun," she chirps.

Then Kate and her kids land at the campsite. Quickly, Kate proves to be a bigger pill than a horse tranquilizer.

"I'm not worrying about bears right now," she is soon grousing. "I'm just worried about keeping my toes wiggling 'cause they're freezing."

Sarah, daughters Piper and Willow, husband Todd and other family members seem to be having a blast. So, for that matter, are Kate's youngsters.

"The kids are having fun, so I'm tolerating it, but this is my new home," grumbles Kate, having sullenly planted herself, apart from the rest, beneath a tarp. "I am miserable, but, I mean, somebody's got to be."

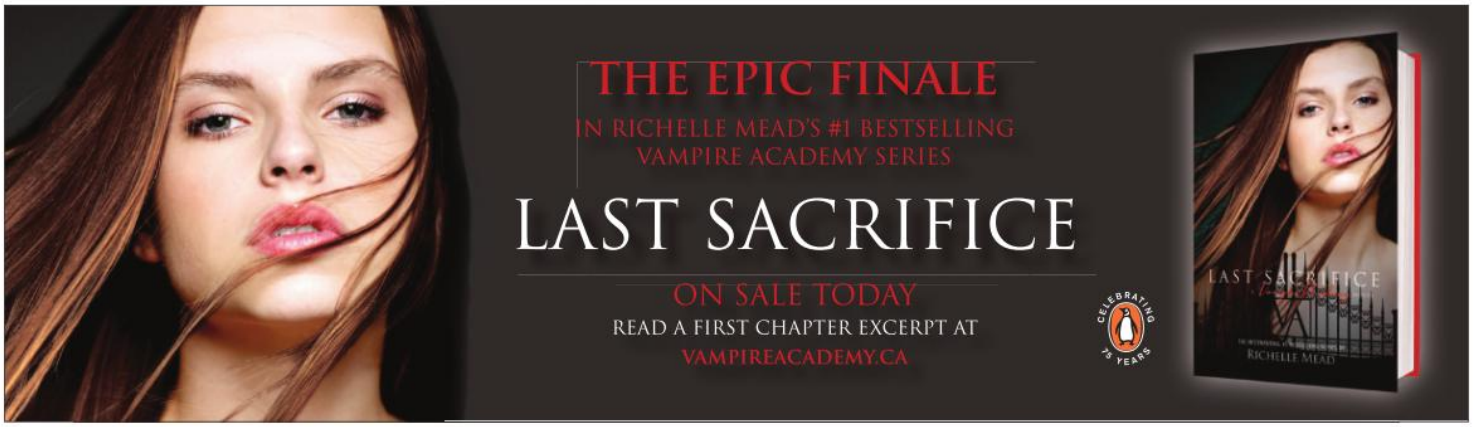
Sarah, ever gung-ho, announces to the group, "This is the most luxurious camping spot I've ever seen!"

Cut to Kate, who tells the camera, "It just kills me that people, like, willingly do this." THE ASSOCIATED PRESS

Scene in brief

Spike TV says Neil Patrick Harris will host this year's Video Game Awards. The star of stage, video games and TV's How I Met Your Mother, Harris will preside over the eighth annual celebration of gaming's best, Spike TV announced yesterday. Also expected are comedian Dane Cook, Thor: God of Thunder video-game star Chris Hemsworth, pro skateboarder Tony Hawk, and cast members from It's Always Sunny In Philadelphia, including Danny Devito, Kaitlin Olson and Rob McElhenney. THE ASSOCIATED PRESS

Beverly Hills auction of Cash keepsakes nets over $700,000, including $50,000 for prison suit



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▶ Since the fall, viewers of the daytime game show The Price is Right have seen dramatic weight change in once rotund host Drew Carey.

Carey pays price before slimming

What's the skinny on Drew Carey?

In the last year Carey has shed a lot of weight in an effort to establish a healthier lifestyle.

According to Parade magazine, Carey set a goal to lose close to 90 pounds by November, dropping from a high of 262 pounds at the start of the year to around 170. He had shrunk from a size-44 to a size-34 waist by press tour last August.

He said it was a year-long commitment to diet and exercise that did the trick. He cut down on carbs and gulped down plenty of water instead of colas. Whenever he was tempted by a burger, a tip from one of the Price is Right hostesses set him straight.

"She said to me, 'Nothing tastes as good as skinny feels,'" says Carey.

The 52-year-old comedian has tried to lose weight before. Back in 2001, when he was working on his sitcom The Drew Carey Show and Whose Line is it Anyway? it was discovered one of his arteries was clogged. After an angioplasty the comedian tried to curb his appetite.

"Working out was the key thing... You can't just diet."
DREW CAREY, HOST OF THE PRICE IS RIGHT

His weight had climbed back up by the time he succeeded Bob Barker as host of The Price is Right in 2007. Carey was once again experiencing shortness of breath.

Losing the weight more gradually and combining diet with exercise — with the help of a trainer — has helped him keep the weight off this time.

THE ASSOCIATED PRESS

No signs of slowing down for Leachman

Role on Raising Hope has 84-year-old in vintage form ‘I'm with her every day and I still have no idea what she's going to do next,’ says son

"Vanity" is a word that seems missing from Cloris Leachman's play book.

This is no surprise to those who have savoured the veteran actress-comedian in her anything-but-self-admiring performances the past six decades.

She's best known for her roles on the iconic Mary Tyler Moore, in Young Frankenstein and her Oscar-winning turn for best-supporting actress in 1972's The Last Picture Show.

Now Leachman fires jolts of unbridled daffiness on Fox's Raising Hope, which airs Tuesdays at 9 p.m. EST.

"I just hang on and say, 'What am I gonna do now?' I really trust Greg Garcia," she says of the series' creator. "And he trusts me."

She plays Maw Maw, the dementia-addled, wildly inappropriate senior cared for by granddaughter Virginia (Martha Plimpton) and her husband Burt (Garret Dillahunt). Their son Jimmy (Lucas Neff) shares the chaotic home, along with his baby daughter, Hope.

Moments of lucidity are few for Maw Maw, who may be found removing her top and bolting out the front door, or forcing a "Christmas cookie" on Burt she made from dirt and pebbles.

RAY MICKSHAW/THE ASSOCIATED PRESS/FOX

▶ Cloris Leachman, left, and Martha Plimpton in a scene from Fox's, Raising Hope.

Any doubts about Leachman's gung-ho attitude were dashed two years ago when she was a contestant on Dancing With the Stars. She didn't win the mirrorball, but with moxie and sass she outlasted the likes of singer Toni Braxton, chef Rocco DiSpirito and reality star Kim Kardashian.

"Gosh, I wish I knew what I did!" says Leachman. "I just came out and did a dance."

In an interview at Associated Press headquarters, she is accompanied by her son, George Englund Jr., who is also her manager.

"He says managing me is like herding cats," she says, then adds, "George, don't you think it's because I'm left-handed and right-brained?"

"I think that her right brain has consumed her left brain," he says. "And it's sitting over there pretending to be a left brain like it has logic and stuff — but there isn't any."

"It's a wonderful way to live," she says. "I'm so happy. I'm never upset or depressed."

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Eclipse hits its target

The Twilight Saga: Eclipse
Genre: Fantasy/Romance
Director: David Slade
Stars: Kristen Stewart, Robert Pattinson, Taylor Lautner
●●●
Twilight is still at the kissing stage, and a bad case of "bite-us interruptus" is starting to take hold.

As with most third installments of a franchise, Eclipse suffers from an excess of characters and dialogue and a surfeit of real plot changes, even with Hard Candy's sharp-eyed David Slade at the helm.

Much of the ludicrously florid dialogue ("I'm going to fight for you until your heart stops beating … and maybe beyond") causes unintentional fits of laughter.

But you can't really blame Slade or the movie for staying true to the book — fans demand it — and Stephanie Meyer's overripe novel is more of a wheel-spinner than a page-turner. This latest screen adaptation should satisfy the rabid faithful even while leaving viewers not born female in the 1990s more mystified than ever.

PETER HOWELL

Inception
Genre: Action/Thriller
Director: Christopher Nolan
Stars: Leonardo DiCaprio, Joseph Gordon-Levitt
●●●●½
Even after several viewings — one just won't do — Inception remains the year's brainiest thriller, if only for that maddening ending. Does the spinning top stop, or not?

Writer/director Christopher Nolan changed the way people thought about superhero movies with his cerebral blockbuster The Dark Knight. With Inception, he has boldly reinvented the heist picture. Leonardo DiCaprio cuts a rakish figure as Dom Cobb, a corporate spy who functions like the Freddy Krueger of the boardroom: he enters the dreams of industry captains and steals their most valuable secrets. It's one of the best movies of 2010.

PETER HOWELL

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Vice TV goes Worldwide for extreme adventure

Spike Jonze and Shane Smith push journalistic boundaries with new MTV show tackling the seedy side of some of Earths most dangerous locales

As a courtesy, when they met a collection of Yemeni rebels to interview for MTV's new series The Vice Guide to Everything, Shane Smith of Vice magazine and friend Spike Jonze gave their hosts an offering of khat, a leaflike drug that is chewed on and enormously popular in the Asian country.

MTV's quasi-news documentary series is a wild ride with a whiff of danger that's quite unlike anything on TV. It premieres Monday at 11 p.m. EST.

Smith and filmmaker Jonze visit Yemen, a country some consider to be a new al-Qaida hotbed, to see what it was really like.

They concluded many of the people there were high on drugs most of the time and most feared or were uninterested in al-Qaida.

Jonze does consulting work for Vice's online video operation and accompanied Smith in that role.

That type of off-centre story typifies the series.

Within the first few episodes, "The Vice Guide" travels to Brazilian slums that produce some of the most vicious ultimate fighter competitors, a strip club operating out of a private home in Detroit, a drag strip in the West Bank where Palestinians race cars stolen from Israelis and to party rooms in Naples where singing stars such as Alessio have careers completely controlled by the Mob.

In many of the stories, you can viscerally feel the seediness.

To film the young fighters in Brazil, Smith and his team had to arrange for access with drug lords who control their neighbour-

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Castle stars to lock lips

Long-awaited romantic relationship finally starting to develop Main characters to kiss in January episode

A stakeout leads to a smooch on ABC's crime drama Castle, with Rick Castle and Kate Beckett finally sharing their first kiss.

Played by series stars Nathan Fillion and Stana Katic, the pair locked lips in a scene filmed outside a downtown warehouse late Thursday for a January episode.

As Castle fans know, the show's weekly whodunits share equal weight with the will-they-or-won't-they romance conundrum for the lead characters.

Castle is a bestselling mystery writer and single dad who is an eager consultant with the New York Police Department. Beckett is the no-nonsense detective ordered to work with him.

Their growing sexual tension — and banter — is reminiscent of the 1980s Moonlighting mystery series with Sybil Shepherd and Bruce Willis.

Sooner or later, however, TV viewers demand results from such chemistry lessons.

Castle executive producer-creator Andrew W. Marlowe said Friday he's aware that many loyalists are rooting for Castle and Beckett to "take their relationship to the next level." The show couldn't hold off forever, Marlowe said.

But ratings can suffer when a lively mating dance turns to humdrum romance, so expect Castle to take it slow on the potential road to love.

The Castle-Beckett smooch comes during an episode about Beckett's long-frustrated effort to solve her mother's murder. There's more to the lingering embrace and kisses than passion, according to the script. The episode's January date has yet to be determined, ABC said.

Castle (10 p.m. ET Monday) has become a hit for the network, routinely landing in the top 20 in the Nielsen ratings and attracting more than 10 million viewers weekly in its third season. It has also inspired mystery novels published under Castle's name and featuring a fictional heroine, Detective Nikki Heat, based on the fictional Beckett.

THE ASSOCIATED PRESS

ADAM TAYLOR/THE ASSOCIATED PRESS/ABC

▶ Castle characters Rick Castle and Kate Beckett will share their first kiss on a stakeout.

"You have to go hang out there and the stories will come to you."
SHANE SMITH, VICE MAGAZINE

hoods.

Young teenagers with machine-guns stood watch as the Vice crew did its work.

"They'll shoot you – no questions asked," Smith said.

A larger-than-life, John Belushi-type character, magazine founder Smith is the show's centrepiece.

Vice began as a music magazine Smith started in Montreal, then spread to fashion and became popular with the skateboarding set. MTV was a logical target for a series pitch. "It's the largest global footprint for youth in the world," he said.

THE ASSOCIATED PRESS

JOSEPH PATEL/THE ASSOCIATED PRESS/MTV

▶ Shane Smith, center, interviews a Yemeni man, in Socotra, Yemen, during the filming of MTV's new series The Vice Guide to Everything.

TV Picks

BNL, and Cash specials paired

HOLIDAY. The Barenaked Ladies' 2005 Christmas Special, alongside The Johnny Cash Christmas special, (Tuesday, Bravo)

Sandler gets animated for Hanukkah

HANUKKAH. Adam Sandler's Eight Crazy Nights is a rare holiday film focusing on the Jewish holiday. (Tuesday, A channel)

THE CANADIAN PRESS

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A look at Richler

New documentary shows difference between authors' outspoken public persona and private life

There's a straightforward goal behind a new documentary on Mordecai Richler, the cutting curmudgeon of Canadian fiction.

"This is sort of to explain why Mordecai was so good at ticking people off," says Francine Pelletier, who co-wrote and directed "Mordecai Richler: The Last of the Wild Jews," to be broadcast on Bravo! on Dec. 19.

Richler, who died of cancer in 2001, did tick a lot of people off with his opinions and his writing. Politicians, his own Jewish community, Quebecers, Canadian nationalists.

Pelletier, a renowned Quebec journalist and filmmaker, was approached to make the film more than a year ago by Charles Foran, whose new biography of Richler, Mordecai: The Life and Times, recently hit stores.

"I think the idea of coming to me, a Quebecoise, is because we were the most ticked off of all," Pelletier said with a laugh during an interview.

But she adds she appreciated Richler enough not to simply have dismissed him.

"The idea was to do a documentary which explained that he was part of a whole coterie of Jewish intellectual writers who really waged a little revolution in terms of what we thought about Jewish characters, Jewish culture, Jewish way of life."

Before Richler and other authors such as Philip Roth, Saul Bellow, Norman Mailer and Lenny Bruce, Jews were stereotypically seen as "the little timid Jew in the shtetl, the 'Fiddler on the Roof' thing," Pelletier says.

"They put the axe to that."

All those writers were natural provocateurs who loved to rattle society's cages.

"And I think probably the one who most loved rattling the cage was Mordecai himself."

The film is a balanced, warts-and-all look at Richler and his times, his work and the controversies around him. It's enlivened by rich archival footage and interviews with family, friends and critics.

Among the revelations for Pelletier was that as abrasive as Richler seemed in public, in private, "he was a timid, reserved man. He was not at all an iconoclast in his private life. He was totally conservative."

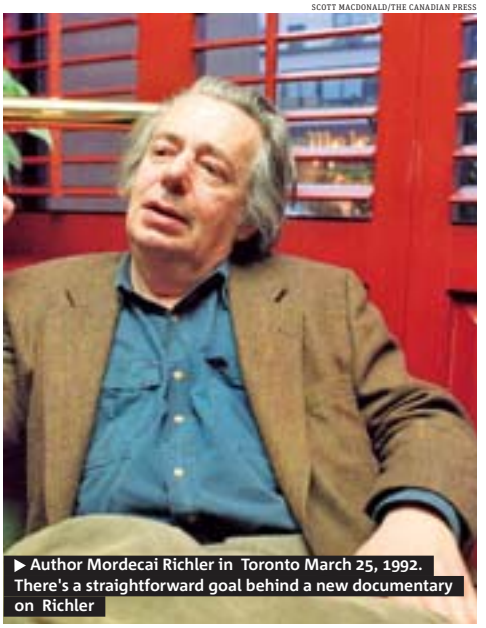
"With Quebec nationalism, he took it strictly personally and could be very mean-spirited about it, not to say wrong-headed."
FRANCINE PELLETIER, WRITER/DIRECTOR

"But on the public square, watch out."

Indeed, Richler's wife, Florence, says in the movie that while the author could dominate a room and be searing in his evaluations, he had a definite shy side.

"He was a very laconic man. Very few words. If you were to meet Mordecai, you had to be content with the silence; try to read the silence." **THE CANADIAN PRESS**

SCOTT MACDONALD/THE CANADIAN PRESS



▶ Author Mordecai Richler in Toronto March 25, 1992. There's a straightforward goal behind a new documentary on Richler

Hennessy changes hats

Award winning Canadian actress explains the co-existent nature of her acting and music careers

Jill Hennessy was honoured for her work as a TV actress on Monday, but the star of Law & Order and Crossing Jordan says music has always been her true creative passion.

"(Music) was something I did purely because of sheer love and joy," Hennessy, 42, said before accepting an international achievement award from non-profit organization Women in Film and Television.

Hennessy, who was born in Edmonton and raised in Kitchener, Ont., is well known to television viewers for her 1993 to 1996 stint as Claire Kincaid on TV's Law & Order and as Dr. Jordan Cavanaugh on Crossing Jordan, which ran from 2001 to 2007.

Still, the mother of two young sons frequently speaks warmly in interviews about her days busking at Toronto subway stations.

A few months ago, Hennessy released her debut album, Ghost in My Head, which includes guest appearances from Martie Maguire of the Dixie Chicks and R.E.M.'s Mike Mills.

When asked what advice she had for those just starting out in show business, Hennessy didn't hesitate.

"Pursue what you love and enjoy it and stick with what makes you happy, regardless of whatever responses you might get. If you feel in your gut that what you're doing is satisfying and beautiful and creative, then you're on the right path," she said.

LOUIS LANZANO/ THE CANADIAN PRESS/THE ASSOCIATED PRESS

▶ Jill Hennessy backstage at the showing of the Cynthia Rowley spring 2010 collection during Fashion Week, in New York this past September.

"We should never limit ourselves to just one niche ...if there is something that one loves to do, that is inspiring, that takes you to a different place where you're actually better able to function in other facets of your life, then by all means. In my case it just happens to be music."

Hennessy fed that passion this past summer by doing shows in New York and Philadelphia with the Lilith Fair tour, singing alongside Sarah McLachlan and the Indigo Girls.

"When I'm doing my music it' material that I've generated, and that's very personal," she says of the difference between music and acting.

Hennessy still loves the craft of acting, however, and is currently at work on the HBO horse-racing series Luck, which co-stars Dustin Hoffman and Dennis Farina and is expected to air sometime next year.

She says it's the perfect shooting schedule because she only has to work every couple of weeks

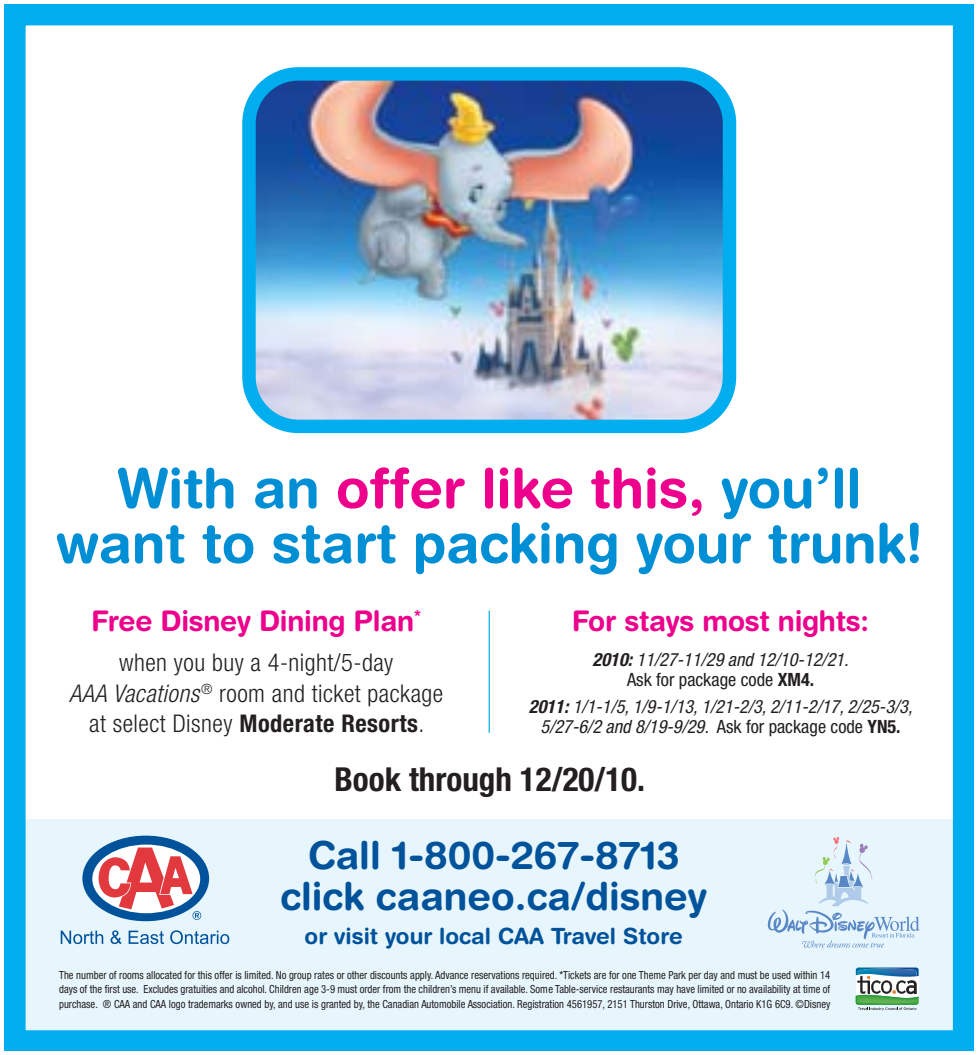
As for the award she received Monday, the ever-humble Hennessy seemed almost unable to take it in.

"It's hard to believe you're being honoured in the first place," she said during an interview at an opulent hotel where she noted she'd once worked as a hostess. THE CANADIAN PRESS

Multi-tasking

Hennessy also appeared in Canadian indie film Small Town Murder Songs.

▶ **It won an acting** prize at the Whistler Film Festival over the weekend. There's no word yet on a release date.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No, tell us what you really think

- Chelsea Handler lets loose on Angelina Jolie
- Apparently, she's not the only one

For Chelsea Handler, being pals with Jennifer Aniston apparently means going after Angelina Jolie, as the talk-show host unleashed a tirade about Jolie at a recent stand-up show in Newark, N.J., according to Popeater.

"She's a home wrecker, she is," Handler told the audience. "She can rescue as many babies from as many countries as she wants to."

And apparently Handler isn't alone in her feeling.

"Everyone in Hollywood is scared to say what they really think about Angelina except Chelsea," a source says.

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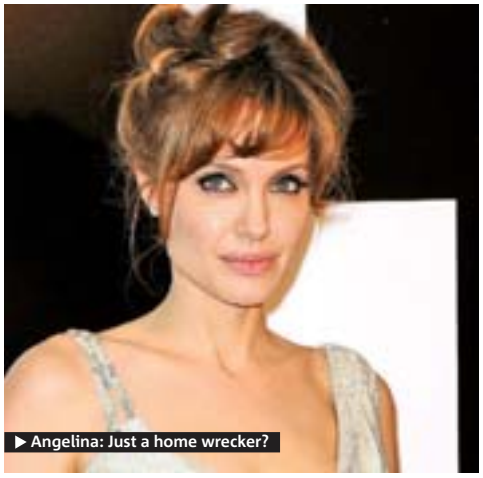


▶ Angelina: Just a home wrecker?

Talking points

Mueller avoids temptation

While she denies a story that she went to rehab over Thanksgiving, Charlie Sheen's soon-to-be ex-wife, Brooke Mueller, has reportedly checked into a sober-living facility recently because she was "starting to feel tempted," according to Us Weekly. METRO

Celebrity tweets

Russell Crowe [@russell crowe] A few days of deep thought, Tenny decided his horses name should be Harry Potter. Explained again that she was a girl. He's still thinking...

Slash [@Slash] "I can hold my breath for a Long, long time! Hahahah!" Leslie Nielson RIP.

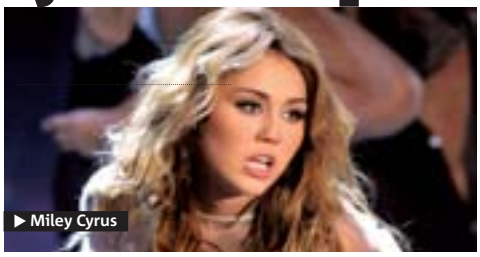
Josh Groban [@joshgroban] I found some chapstick in my peacoat!! Fun fact? Or new lyric? YOU decide!

Neil Diamond [@Neil Diamond] Happy Hanukah Y'all! Love, Neil

Miley may sue over pics

Miley Cyrus is reportedly considering legal action against Canadian blogger Zack Taylor after he posted a risque cellphone photo purported to be the 18-year-old Disney star wearing next to nothing, according to Popcrunch. Taylor later admitted the photo was fake.

METRO



▶ Miley Cyrus

Cox still has her Friends

▶ Courtney Cox

Courteney Cox can still count on "Friends" co-star Jennifer Aniston to be a friend, according to Exposay.

"Jennifer has been so wonderful. You need good friends to keep your spirits up," Cox says.

As for her relationship with estranged husband David Arquette, Cox is incredibly candid about not knowing what will happen next.

"It's too early to say if we will get back together," she says.

"We've always tried to be very open with each other. That spirit has never left us, even though things became difficult in the last year." METRO

'Sombre' Longoria has night out

Weeks after filing for divorce from husband Tony Parker, Eva Longoria put on a brave face during a night out with friends at the Chateau Marmont recently, according to Us Weekly.

"She had a grin on her face, but every so often she would stare off into space and looked very sad and sombre," a source says.

"Eva was smiling and even laughing at times, but it was so apparent that underneath it all she was sad and hurt." METRO

Britney takes a break in Mexico

To help get her mind off all the recent tabloid headaches she's been having, Britney Spears' boyfriend, Jason Trawick, flew the singer down to Puerta Vallarta, Mexico, for a romantic weekend, according to People magazine. "Jason had arranged a red velvet cake for her birthday." METRO

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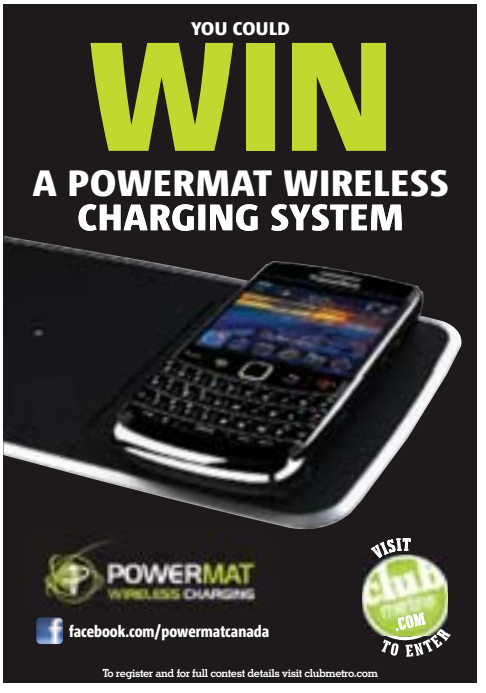

3 life

Wash your hands

Flu germs can linger on poles and handles in public transit. You've heard this a zillion times, but it's worth a reminder: "Hand washing as frequently as possible is one of the most effective ways to decrease the spread," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City.

CELIA MILNE

SCANLIFE

At the start of flu season, U.S. Centre for Disease Control estimates one in three has had flu shot

ISTOCK PHOTO

▶ It's easy to pick up flu germs at work. Try to keep common areas and work spaces as clean as possible.

Beware the bug

It's shaping up to be a pretty light year for the flu, but things can still turn bad quickly ◐ Experts recommend getting the shot regardless

CELIA MILNE
WELLNESS@METRONEWS.CA

The chances of getting H1N1 this year are very low.

And — rejoice! — it looks like it's going to be a fairly light year for the seasonal flu, too.

"This is very good news," says Dr. Marc Ouellette, scientific director of the Institute of Infection and Immunity and a professor at Laval University in Quebec City. "It is nothing compared to last year. It's a rest for us."

Surveillance data from countries that have already had their flu season tells scientists that the strains circulating this year are common seasonal strains.

Only one case of H1N1 has been reported so far this flu season, the tail end of last year's pandemic, says Dr. Ouellette.

He warns, however, that we should never get complacent.

"Influenza every year can be deadly. It's serious," Dr. Ouellette said.

Regular seasonal flu can kill but usually at the extremes of the population — among the very young and the very old, as well as those with depressed immune systems. Public health officials are keeping an eye on a fatal outbreak of flu on a reserve in northern Manitoba.

"Influenza every year can be deadly. It's serious."
DR. MARC OUELLETTE, A PROFESSOR AT LAVAL UNIVERSITY IN QUEBEC CITY

The best defence is getting the flu shot, says Dr. Ouellette, who receives the vaccine himself every year. It's not too late for this year, though it does take from two weeks to a month to give your body full protection.

"There is scientific proof that the vaccines are safe and protect you against getting the disease yourself and also infecting other people," he says.

Last year, results of a study showed that vaccinating young school children decreased the rate of infection from flu for the whole community, including parents and grandparents.

Who is at risk?

These groups could be badly affected by the flu:

- Children under two
- Adults over 65
- Pregnant women
- People with chronic diseases such as asthma, heart failure and chronic lung disease
- People with low immune systems
- People under 19 who are receiving long-term aspirin therapy.

"Unfortunately," says Dr. Ouellette, "when these people get the vaccine, it is not as efficient because their immune systems are not as active."

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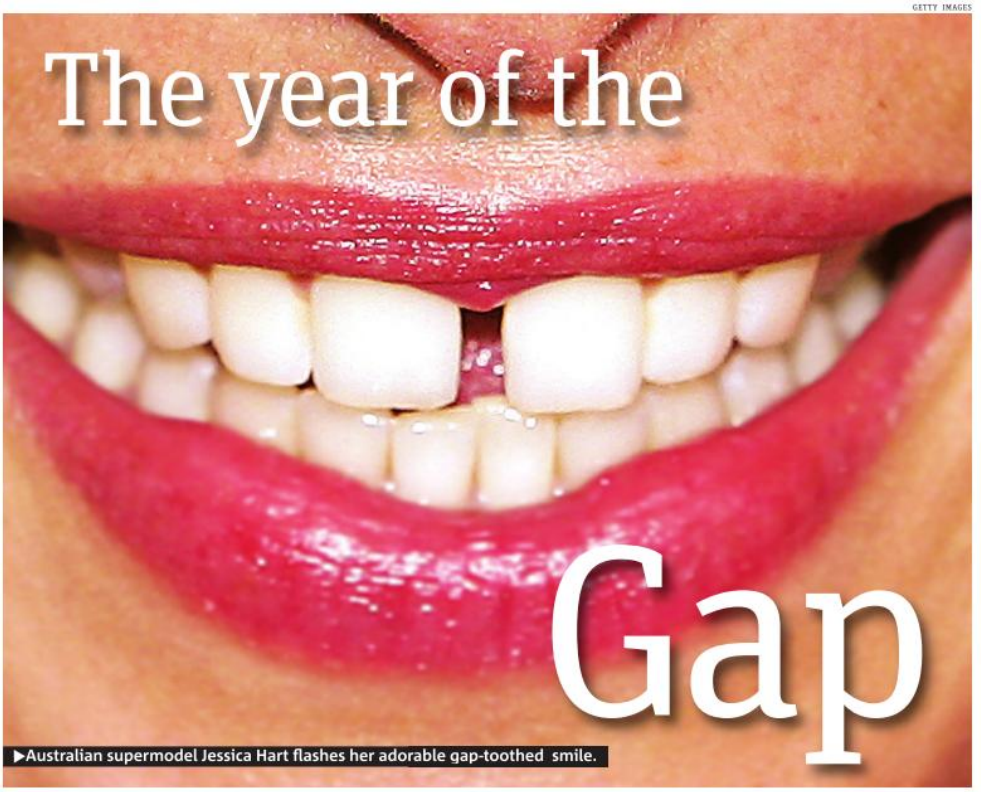
The year of the Gap



▶Australian supermodel Jessica Hart flashes her adorable gap-toothed smile.

JESSICA CARLESON
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10%
Fewer than 10 per cent of the world's population is naturally gapped toothed.

In the past, gapped front teeth were considered geeky, nerdy and kind of awkward. However todays trends brand them as "perfect imperfections" – the latest beauty must have. In France they are called the "dents du Bonheur" ("teeth of luck") and over in Nigeria, some consider them to be a sign of a strong sexual nature.

Would you be willing to surgically get a gap?

Mouthy muses

For many, the memory of years spent with heavy metal braces remains vivid, and painful: Teeth clanging together during a first kiss, the excruciating pain of retightening. But others left theirs uncorrected, and are intriguing because of it. Think of Madonna, models Georgia May Jagger and Lara Stone, True Blood star Anna Paquin and Chanel muse Vanessa Paradis. They represent the modern gap-mouthed beauty – and a minority. Less than 10 per cent of people are naturally gap-toothed.)

"It's a trend towards individuality," says dental surgeon Debra Glassman. "The idea that a gap-toothed woman is more sexy holds weight when you think of those showing them off today."

"Front teeth gaps and teeth imperfections in general have become a big new trend in dentistry
DR SMIGEL, DDS

The natural smile

Cosmetic surgeon Dr. Irwin Smigel claims people are coming to him to make their smiles look more natural. "Natural-looking teeth have gradations in tone, tiny imperfections in shape, and can even vary by skin tone," he says.

"Perfect teeth look like you're trying too try hard and a gap will invariably imply that the smile is natural."

The question is, how far will you go to get the look?

Glassman's clients are prepared to pay on average $1,200 to have a permanent gap cosmetically created. Once she and a patient have settled on the size of the space, she removes the tooth area on either side to be "gapped," making a mold of those teeth that were altered. The mold will be used to create fingernail-thin porcelain coverings for the teeth on either side of the gap.

Such as with most procedures there are drawbacks, such as increased sensitivity caused by reducing the adjacent teeth and weakened bone support when the gap is created via orthodontic braces. But that hasn't stopped the vain clients willing to do this. In Smigel's opinion, "gaps look great, it's just a question of whether or not the person can pull it off."

Gap-toothed beauties

Lara Stone
Model Stone has been the pioneer in relaunching the gap-toothed trend these past few months. Her smile was all over magazine covers and fashion campaigns.

Anna Paquin
In her role as Sookie Stackhouse in the TV series True Blood, she rocks the gap... and she's not even a vampire.

Georgia May Jagger
Mick Jagger and Jerry Hall = Georgia May. The pouty teen is considered a modern Brigitte Bardot thanks to her sexy yet stylish manner. Her gap, however, is one of the most adorable on the scene.

Vanessa Paradis
As one of Karl Lagerfeld's muses for Chanel and Mrs. Johnny Depp, Paradis makes the world swoon with envy. Her (very) gappy smile gives her an air of youth and fun, and she pulls it off.

metro life panel

25%
Of Metro readers would go to a cosmetic dentist to have a gap filled between their front teeth.

What is the maximum you would pay to have your teeth cosmetically improved (veneers, gaps, whitening)?

40%
of readers think Madonna has the best gap teeth

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Ski, snow and sun

Peter A. Andersen, a health professor, talks about how to take care of our skin when exposed to the sun and the snow.

People are unaware of the risks of UV radiation when skiing.
This is because we tend to associate sun burning with summer days and warm weather. Even at the beach people are less likely to use sunscreen when the weather is cool. Heat reminds people of burning, though it is not infrared heat but ultraviolet radiation that causes such burning to happen.

The risk of damage to the skin is higher on the mountain than on the beach.
When skiing or snowboarding you have reflected UV from the snow and the amount of UV increases at higher altitudes, making the risk greater.

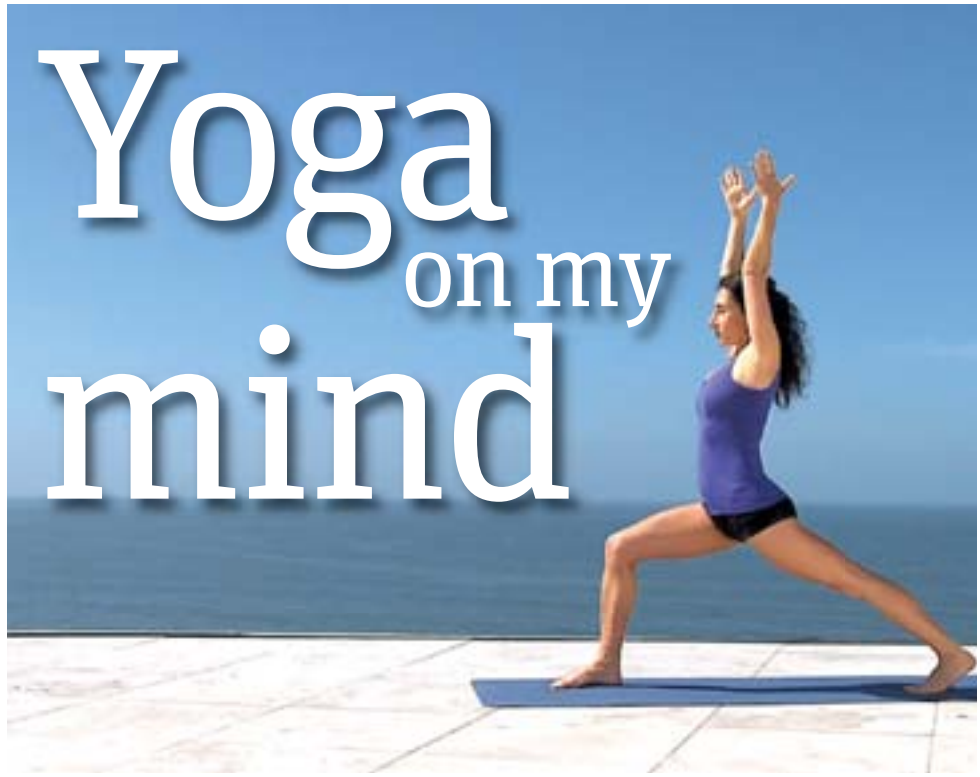
Before heading out on the slopes people should be applying sunscreen.
A minimum of SPF 15 to 30 is best.

Regular skiers (at least once a year) are more at risk of developing dangerous skin conditions such as cancer.
Those that are unprotected and have repeated exposures are at greater risk. Skiers can protect themselves with clothing, shade, sunscreen, helmets or brimmed hats.
SAN DIEGO STATE UNIVERSITY

Protect yourself

There are steps you can take before and during your day on the slopes to avoid damage from the suns rays.

- Check warnings about when the UV is at its highest
- Remember to apply sunscreen half-an-hour before going outside
- Reapply sunscreen every two hours
- Stay in shade as much as possible
- Wear a good hat or helmet



Yoga on my mind

Jennifer Aniston's yoga teacher, Mandy Ingber, talks philosophy and body tone She created a hybrid workout accessible to the masses

ROMINA McGUINNESS
WELLNESS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Yoga + Philosophy = Yogalosophy

"The idea is to bring the philosophy of yoga into every aspect of your physical activities," explains Mandy Ingber, founder of Yogalosophy, a hybrid between classic yoga postures and toning exercises. She may have Victoria Beckham and Jennifer Aniston hooked on her moves, but her original motivation was to appeal to the masses and motivate those who assumed they weren't flexible enough or good enough for yoga.

"I kept it simple by pairing classic yoga poses with familiar toning moves adaptable to both workout types," she explains.

The key to Yogalosophy's success is that even those unfamiliar with yoga will not feel intimidated by the workout. As a bonus, the toning moves are designed to be challenging, leading to the satisfying burning feeling that comes with intense cardiovascular exercise.

Via the body and mind

Ingber's theory is that the combination of yoga and muscle toning moves enhances overall physical performance. By linking your body to your mind, you are creating muscle definition and reducing mental stress.

"The 'mind' angle of yoga is about setting an intention and bringing this meaning into any form of exercise. If you're heading out for a run, start with some sort of dedication. Try and focus on something other than weight loss, like the unique feeling of being in your own healthy body."

"It's the philosophy that you don't need to be perfect at anything to be good at it."
MANDY INGBER, FOUNDER OF YOGALOSOPHY

Dedicate your run to having a body that can move the way it does and keep bringing your thoughts back to this initial thought.

For example, if one day you find yourself giving up on exercise, remember how good it felt when you used to work out and how your body came to crave this feeling of wellbeing.

That's what Yogalosophy is about: thinking about how exercise makes us feel. The consciousness of yoga, and being in the present, can be applied to mindless workouts.

Creating the optimal workout

Combining yoga with cardio vascular moves allows you optimize your body's potential. Take running, for example, a classic cardio vascular workout. Runners need to stretch before their run, to lengthen the muscles. Why not include this focused stretch-mentality before and throughout the run?

"Our bodies are at their strongest when resting, as this is the period of recovery," explains Ingber.

For specific moves, go to mandyingber.com.

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Diet alone not enough to supply needed vitamin D

With winter upon us, some experts say people need a supplement to get enough nutrients

Confused about how to get enough vitamin D in your diet or whether you should pop a daily supplement?

Don't worry, you're not alone.

A report released this week by the Institute of Medicine that was meant to clarify just how much Canadians and Americans need of the so-called sunshine vitamin seems to have clouded the issue even more.

Following a two-year review of vitamin D research, an expert panel tripled the recommended daily dietary intake to 600 international units for people up to age 70, and hiked the optimal amount for those 70-plus to 800 IUs.

▶ Vitamin D.

But the committee said its recommendations, which also set calcium intake levels, are aimed only at maintaining good bone health. The IOM said it could not weigh in on vitamin D's possible role in reducing the risk of some cancers and other diseases because it believes the scientific evidence isn't conclusive.

Especially considering to reach 600 IUs from the diet, a person would have to just consume two glasses of milk — one of the few dairy products fortified with vitamin D — an egg or two, a half-can of salmon or a can of sardines, and a large serving of meat.

The Canadian Cancer Society is sticking with its advice that adults take a 1,000-IU vitamin D supplement during the limited fall-winter months.

THE CANADIAN PRESS

Vitamin D

Only a very few foods have vitamin D, either naturally or through fortification. Here is a sampling with the amount listed:

- **Milk** homo, 2 per cent, skim (250 ml/1 cup)
- **Rice** or soy beverage, fortified (250 ml/1 cup)
- **Margarine** fortified (5 ml/1 tsp)
- **Egg yolk** cooked
- **Salmon** sockeye/red or chinook, canned or cooked (75 g/2 1/2 oz)
- **Sardines** Pacific, canned (75 g/2 1/2 oz)
- **Tuna** White canned with water (75 g/2 1/2 oz)

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SANTA CLAUS IS COMING TO TOWN!
(AND THE FIRST STOP HE MADE WAS TO THE DENTIST!)

It is hard to imagine that at this busy time of year, Santa could fit time into his busy schedule to visit the dentist! But here he is, taking time away from checking the "naughty and nice" lists, overseeing last minute gift and decoration prep and getting that final tune-up on his sleigh!

At such a hectic time of year, you might wonder how Santa could possibly find the time to drop by for a dental appointment. Well, we were wondering the same thing! So we asked him.

"Ho, ho, ho!" he replied. "How could I not visit all the good little girls and boys at my dental office? This is a very important time for my teeth. With all the cookies and milk I will be having in such a short period of time, I wanted to be certain that my teeth are ready for all that sugar!" he chortled.

It is hard to dispute that reasoning. The rest of us may not eat as much sugar as Santa will on Christmas Eve. But many of us will likely eat a bit more of everything, including sugary foods, over the Holiday season. It is nice to know that your teeth are strong and healthy before subjecting them to Holiday quantities of sweet and sugary foods! Afterall, it is no secret how harmful sugar can be to the teeth and gums.

Santa Claus
Director of Joy

Of course, Santa will tell you that it is not enough to look after your teeth just for the Holiday Season!

"No, no, no!" he laughed. "Taking good care of your teeth is a year round responsibility! To keep my smile looking its best, I brush at least twice a day and floss at least once. And I visit my dentist at least twice a year…sometimes more if I need to."

"And just as importantly, I make sure I eat a good diet, full of lots of fresh fruits and vegetables. It is not always easy to get fresh foods like that at the North Pole. But it is sure worth the effort. I find a good diet really helps keep my teeth strong and my gums healthy!"

A good diet? Santa? With all those cookies?

Santa chuckled. "Yes, it is hard to believe. But really, it is only the one day a year I do this. The rest of the year, I keep sugar to a minimum and focus on my health. You have to be strong and in good shape to travel across the world in just one night!"

"Don't let my 'bowl full of jelly' belly fool you!" he continued. "I take healthy living seriously. And for me, that includes looking after my oral health! Afterall, an unhealthy mouth usually means an unhealthy body!"

So, we asked Santa if he had any final tips for everyone before he went back to preparing for the Big Day!

"Just look after yourselves," he winked. "That means love yourselves and each other. It is an important part of the Spirit of the Season! The more you do that, the happier you will be. All that love, and those healthy teeth, will look great in the smiles of your Holiday photos!"

"Because," Santa continued, "living the Spirit of the Season year round is a healthy habit…and healthier habits lead to healthier lives.

Santa Claus
- Director of Joy!

Wine for your festive feast

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA

While Christmas may still be a few weeks away, when it comes to buying wine for your holiday feast it's never too early to talk turkey.

You might think that with all the sweet, sharp and herbaceous side dishes that typically tag along with a classic roast turkey dinner, finding an appropriate wine match would be a challenge. The good news is that the big bird is surprisingly forgiving when it comes to a liquid partner.

If you like a touch of green apple sweetness pick a bottle of German or Australian riesling. For something that swings to the drier side choose a gooseberry-infused sauvignon blanc from New Zealand or France's Bordeaux region.

I'm a chardonnay kind of guy at heart so a lightly oaked and tantalizingly tropical New Worlder like Concha y Toro's 2008 Marques de Casa Concha Chardonnay ($17.95 — $24.99) from Chile is one of my go-to holiday favourites.

If red is more your style, think a fruit-infused pinot noir from New Zealand or California, a cherry-berry Italian Chianti Classico or, for something completely different, an Argentinean made from malbec.

Next week I'll ham it up with holiday wine picks for the other red meat.

Prices reflect the range across the country. Some products may not be available in all provinces.

Fit for a president

The White House chef shares his holiday gingerbread recipe

To celebrate the holidays at the White House, pastry chef Bill Yosses created a 160-kilogram replica of the White House made of gingerbread. But after a month on display, no one gets to eat those slabs of chocolate-covered gingerbread. Here is Yosses' recipe for gingerbread you can actually eat.

White House Gingerbread Cookies

Ingredients:

- 250 ml (1 cup) butter (2 sticks), softened
- 500 ml (2 cups) packed dark brown sugar
- 2 large eggs
- 250 ml (1 cup) molasses
- 1.75 l (7 cups) all-purpose flour, plus more for rolling out dough
- 1 ml (1/4 tsp) ground ginger
- 1 ml (1/4 tsp) cinnamon
- 5 ml (1 tsp) baking soda
- 1 ml (1/4 tsp) baking powder
- 1 ml (1/4 tsp) salt
- Zest of 1 lemon
- Zest of 1 orange

Preparation:

1. In a large bowl, use an electric mixer to beat together butter and brown sugar for 5 minutes. One at a time, add eggs, then molasses. Set aside.
2. Into a medium bowl, sift together flour, ginger, cinnamon, baking soda, baking powder and salt.
3. With mixer on low, add a third of the dry ingredients to butter-sugar mixture. Beat until just mixed in, then stop mixer and scrape down sides of bowl. Repeat this process with remaining thirds of the dry ingredients.
4. Add both zests and mix. Transfer dough to a sheet of plastic wrap, spreading dough until 2.5 cm (1 inch) thick. Cover with another sheet of plastic wrap, then refrigerate overnight.
5. When ready to bake, heat oven to 180 C (350 F). Remove dough from refrigerator. Break off a small piece of dough and roll it out on a floured surface to between 3 mm (1/8 inch) and 5 mm (1/4 inch) thick. Add flour while rolling to prevent sticking.
6. Use a cookie cutter to cut out cookies. Repeat with remaining dough. Arrange cookies on a baking sheet, leaving about 2.5 cm (1 inch) all around. Bake for 12 minutes. Once baked, transfer to a wire rack. When cooled, decorate as desired. Makes 50 cookies. THE ASSOCIATED PRESS

CHARLES DHARAPAK/THE ASSOCIATED PRESS

▶ Cookies from the White House include a replica of Bo, the presidential dog.

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†The Heart and Stroke Foundation's registered dietitians have reviewed this product to ensure it meets the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org

FURRY COMPROMISES

Smug Marrieds

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I've been a cat person all my life. My fiancé is a dog person. How is our relationship going to survive?

Angela says...

Live on the wild side and get one of each! Just imagine: Fluffy and Rocky cuddling next to you and your spouse on the couch in front of the fire.

But if that's not an option (or an adventure you're willing to embark upon), choose one breed of either species that suits both your needs.

Cat lovers tend to like their feline friends for their size, temperament and cleanliness (i.e. litter box instead of poop and scoop).

Dogs tend to get a bad rap as being stinky, jumpy and loud. But there are plenty of dog breeds that are "cat-like" and, on the flip side, there are some cats that think they're dogs — we have one of those! Best thing to do is check out cats and dogs together to see if you both agree on one — after all, it's the personality of the animal you'll end up falling in love with, not necessarily the species.

Derek says...

Clearly there was some sort of glitch in the eHarmony algorithm when it paired you up with your match. Cat and dog people mix like oil and water. But prepare yourselves for countless "this is why dogs/cats are better" conversations in the coming years.

My advice? Draw up a pre-nup outlining litter box cleanup duties for all parties to sign (I know I wish I had). It could mean the difference between marital bliss and a lifetime of resentment and sorrow. And if you've never owned a dog before, they can really cramp the style of young urban elites who enjoy soaking up a city's culture and nightlife; they need constant attention and deserve to be outdoors as much as possible. To be fair to the animal, you need to be home every morning and evening, and take them with you on weekends. Why not save it for when you bring kids into the mix? You'll be home much of that time anyway.

UNIVERSITY FRIEND BECOMES LIFE'S LOVE

Names: Rubi, 22, and Sutharsan, 26

Hometown: Mississauga & Vaughan

Together since: April 2010

Their story:

▶ Rubi and Sutharsan

How We Met: Rubi & Sutharsan

"When I (Rubi) decided to go away to school to Brock University five years ago, I didn't realize then that the friendships I was making were meant to last a lifetime...

I met Sutharsan at university and we became friends. But it wasn't until last year that we really hit it off. We'd both moved back to the Toronto area to work, and I ended up at a job close to where he lived. We got together to reminisce about the good old times, but it soon turned into a much stronger bond. He quickly became my best friend.

We both now believe in fate and we see that it is relationships based on friendship that are the strongest. Through our highs and lows, we've learned that a battle is easier fought with two hearts as opposed to one stubborn mind!

We're going seven months strong and we're looking forward to forever with each other. With our hearts in the clouds and our minds set on keeping each other happy, we're excited about everything and anything the world has to offer us!"

Prickly love

Hedgehogs are slowly making their way into homes as pets

There may be countless pint-sized fans of Mrs. Tiggy-winkle, Mr. Pricklepants and Sonic — but that doesn't mean there are many real hedgehogs in the home.

Fewer than 150,000 live hedgehogs are estimated to live in the United States, despite their well-known roles in the Beatrix Potter books, Disney-Pixar movies and Sega video games.

The animals weigh about 500 grams and are insectivores (not rodents). They prefer night to day — running six-and-a-half to 11 kilometres a night on their wheels — and have a strong sense of smell, with a life span of four to six years.

"They don't bark, meow or screech. They make 20 different sounds. The only time they make a whole lot of racket is when the males are courting the females," said Zug G. Standing Bear, treasurer of the Colorado-based International Hedgehog Association.

But that doesn't mean the hedgehog is a good choice as a pet.

MARIAH TAUGER/THE ASSOCIATED PRESS

▶ Hedgehog fans say the animals can be good companions.

Standing Bear, 70, who runs the largest rescue in North America — the Flash and Thelma Memorial Hedgehog Rescue in Divide, Colorado — said a happy, socialized hedgehog will snuggle, put its quills down and make a chortling sound, like a cat.

On the downside, they need warmth, have high rates of cancer and they can get a neurological disease called Wobbly Hedgehog Syndrome.

THE ASSOCIATED PRESS

Season's savings

- Don't let the holidays take hold of your wallet
- Celebrate the season in style with a few cents-ible tips

▶ Remember to save your ribbons and decorations for next year's festivities.

The holiday season often sparks memories of eggnog, mistletoe and hours spent at the crowded mall.

But for many, the holiday season can be a financial strain, with gifts to still be bought, parties to attend, a house to decorate and even increased travel expenses.

Plan your expenses now so the winter weather is the only unexpected surprise this season.

1. Book travel plans in advance

Traveling during the holidays is expensive and you can often spend twice as much for flights at this time of year.

Book early and save your money and the hassle of trying to find last minute deals.

2. Host a potluck

Holiday parties can be expensive so ask friends and family to chip in by bringing food, drinks and even decor. The cost per person is minimal and everyone will be happy to contribute to the festivities.

3. Reuse decorations

What would the holidays be without lights, tinsel and a little mistletoe? At the end of the year, store all of the decoration in a cool, dry place so you can use them again next year.

4. Create a budget

A recent study by MasterCard Canada reports that one in five Canadians (17 per cent) don't budget for the holidays. Create a budget at the beginning of the year that includes all your expenses – from gift giving to that New Year's Eve outfit. **NEWSCANADA**

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

DON'T LET PENSION PLANS PASS YOU BY

Registered Pension Plans (RPPs) are established by employers for employees to help with retirement savings.

According to Statistics Canada, less than 40 per cent of paid workers have an employer-sponsored registered pension plan.

The remaining 60 per cent either didn't have access to one or simply weren't participating.

Some companies have an opt-out clause where the employee can choose whether to contribute to the RPP; other companies have mandatory participation.

If you're fortunate enough to have access to a plan, don't opt out. With most company-sponsored pension plans, the employer kicks in free money or free benefits.

So, if you contribute four per cent of your salary, and your employer matches it 100 per cent, it will add an additional four per cent.

Whatever the specific matching program is, it makes sense to maximize your portion of the contributions into the plan for two reasons: you contribute with pre-tax dollars and you get free money from your employer.

Don't turn your back on free money!

The most commonly issued plan in Canada is the defined contribution plan. With this plan, the employer pays a predetermined amount of money into your pension, but you get to choose, from a variety of investment options, where it gets allocated.

Your employer is not responsible for your pension plan's performance because you pick the contents.

A minority of Canadians enjoy a defined benefit plan. With this plan, you receive a defined or pre-set payout each month once retirement hits.

Take a serious look at your company's pension plan because it can be worth hundreds of thousands of dollars by the time you retire.

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▶ Researchers and students gather at November's official launch of the Centre for Applied Research in Bio-Upgrading.

WASTE NOT, WANT NOT

LA CITÉ COLLEGIALE RESEARCHERS RECOVER WASTE AND TRANSFORM IT

STEVE COLLINS
OTTAWA@METRONEWS.CA

Focus on bio-upgrading

- Bio-upgrading is the transformation of plants, by-products or residues from industrial or agricultural activities in order to derive new or improved products from them. This recovery and re-purposing of materials, which would otherwise be wasted, reduces or eliminates disposal costs, generates new revenues and protects the environment.

At La Cité Collegiale's Centre for Applied Research in Bio-upgrading, which had its official launch November 25, researchers are already finding new uses for the leftovers from industrial and agricultural processes.

"We take either plants or residues from agriculture or any residue like chicken manure, and we try to make something out of it," said Nathalie Méthot, a researcher and program coordinator at the Centre. "Nowadays, we don't want to waste anything anymore, so we're trying to make use of everything."

For example, she said, once the soybean oil has been extracted from soybeans, the leftover bean meal can be used as animal feed. Researchers are also growing bacteria in bio-fermenters, which produce new proteins from waste material.

The centre's work also provides a handy in-house co-op program for La Cité's 75 bachelor's students in Applied Biotechnology, who vie for 15 to 20 full and part-time jobs there during the school year and in the summer.

"It's on the same floor, so they finish their labs and courses and then they go to work," said Méthot.

$2.3M

Five-year funding for the Centre for Applied Research in Bio-upgrading from the Natural Sciences and Engineering Research Council of Canada's College and Community Innovation Program.

A Windigo Tale takes fest by storm

Ojibway academic and writer explores residential schools' aftermath

STEVE COLLINS
OTTAWA@METRONEWS.CA

When Carleton University instructor Armand Ruffo went to San Francisco to screen his debut film, A Windigo Tale, at the American Indian Film Festival last month, he had no idea he'd be returning with an armload of awards.

The film, adapted from a play by Ruffo about the intergenerational impact of residential schools, won awards for Best Actress (Andrea Menard) and Best Supporting Actress (Jani Lauzon).

"I watched some of the other films, and they all seemed very good, so it came as quite a surprise," he said.

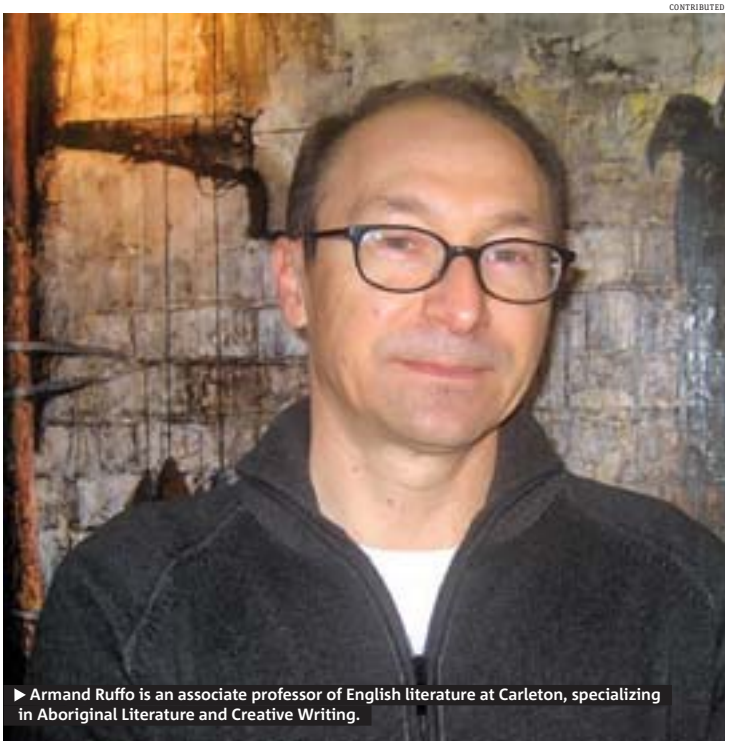
The surprise was all greater because it looked at one time like his troubled film would never be made.

Financial troubles shut the production down in 2006. Ruffo managed to secure more funding, but still struggled with bad luck.

"Anything that can go wrong will go wrong," he said. "We had a '58 Mercury and it broke down after the second day. For a lot of the scenes we ended up towing it around."

Still, Ruffo said, it's all been worth it. "It's the first film that's dealing with (residential schools) from an aboriginal point of view and it's been really well received with the aboriginal community across the country so far."

CONTRIBUTED



▶ Armand Ruffo is an associate professor of English literature at Carleton, specializing in Aboriginal Literature and Creative Writing.

"[The Windigo] is an insatiable cannibalistic creature, and it's ravenous and can never be filled. I saw those schools as also a consumption of the human spirit – the sexual, physical – all that abuse being a kind of consumption."
ARMAND RUFFO ON THE WINDIGO AS A METAPHOR FOR RESIDENTIAL SCHOOLS

And the winner is...

Before its multiple awards at the American Indian Film Festival in San Francisco, A Windigo Tale had already garnered several honours, including:

- Best Picture and Best Actress (Jani Lauzon) at the 2010 Dream-speakers Film Festival in Edmonton.
- The Peoples' Choice Award at the Baystreet Film Festival in Thunder Bay, where strong audience demand resulted in its being held over another day.
- Best Aboriginal Film at the Brantford Film Festival.
- It selected to close the prestigious ImagineNative Film and Media Festival in Toronto.
- Ruffo's original play won the CBC Arts Performance Showcase award in 2001.

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▶ University of Ottawa medical students were intensively consulted for the accreditation report.

U of O med school scores top marks

STEVE COLLINS
OTTAWA@METRONEWS.CA

The University of Ottawa's Faculty of Medicine has won glowing reviews from two ratings bodies.

The report from the Committee on Accreditation of Canadian Medical Schools and the Liaison Committee on Medical Education passes the school on 127 of 131 standards, a score of approximately 97 per cent, and continues its accreditation automatically for the next eight years.

"The fact that we know that we are in the clear, as it were, for the next eight years, makes us particularly thrilled and I think it's a recognition of the work we have done to really provide our students with a state of-the-art curriculum," said Dr. Geneviève Moineau, associate dean of the MD program.

The school won particular praise for its fully bilingual instruction and student satisfaction rates as high as a hundred per cent.

And the advantage to Ottawa residents, of having the medical school here, Dr. Moineau said, are considerable. "We know that 40 per cent of our medical students stay in the Ottawa area to do their residencies and many of those individuals will stay in the Ottawa area for their medical practice and so having a strong program is a tremendous benefit to the community," she said.

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4 sports

Blue Jays ship Marcum to Brewers

The Toronto Blue Jays added Brett Lawrie to their stockpile of young players big on potential after acquiring the Canadian prospect from the Milwaukee Brewers for right-hander Shaun Marcum.

Lawrie, a 20-year-old second baseman from Langley, B.C., has been on the club's wish list since the Brewers made him the 16th overall pick in the 2008 draft, one spot ahead of the Blue Jays, who chose first baseman David Cooper instead.

Lawrie has the combination of raw power and speed that general manager Alex Anthopoulos covets. He batted .285 with eight homers, 36 doubles, 16 triples and 30 stolen bases for double-A Huntsville in 2010, just his second professional season.

But the price was a steep one.

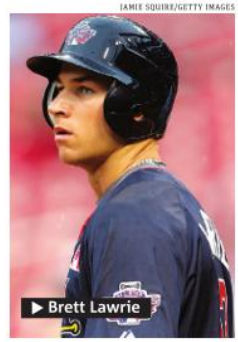
Marcum stepped into the No. 1 starter's void created by the trade of ace Roy Halladay and went 13-8 with a 3.64 ERA. He made just $850,000 US this past season and is two seasons away from free agency. THE CANADIAN PRESS

Busy in the East

- The Boston Red Sox have finally landed all-star first baseman **Adrian Gonzalez**, acquiring him from the San Diego Padres in exchange for three prospects and a player to be named later. Gonzalez is entering the last year of his contract in 2011 and is due $6.3 million next year.
- The Yankees turned their attention to **Cliff Lee** as New York GM Brian Cashman met yesterday with Darek Braunecker, the star pitcher's agent.

THE ASSOCIATED PRESS

JAMIE SQUIRE/GETTY IMAGES



▶ Brett Lawrie

Subban patiently waits for his shot

Young Canadiens defenceman has been out of lineup since his two-error game last week

There has been no shouting or moaning from rookie P.K. Subban about his temporary banishment from the Montreal Canadiens lineup.

And the 21-year-old defenceman swears he doesn't need a bodyguard in the Bell Centre pressbox when he watches his teammates play.

But the talented and effervescent rookie who became an instant fan favourite during the club's playoff run last spring has been as much a topic of debate for not playing as he was before coach Jacques Martin decided to drop him from the lineup.

Since committing two costly errors in a 4-3 loss to Edmonton last week, Subban has sat out two games and the indication from yesterday's practice, where his defence partner was unused forward Dustin Boyd, was that he will be a healthy scratch again when the Canadiens play host to the Ottawa Senators tonight.

"The focus is not on me," Subban insisted to a crowd of media yesterday after practice. "The team's winning now and that's all that matters.

Subban had a goal and eight assists and was plus-5 in the Canadiens' first 25 games this season and looked to have become a fixture on the defence. The benching was a reminder that rookie mistakes are only tolerated to a point. THE CANADIAN PRESS

"I think it's a healthy situation. Players have to earn their ice time."
COACH JACQUES MARTIN

RICHARD WOLOWICZ/GETTY IMAGES

▶ P.K. Subban will likely be a healthy scratch tonight.

Sports in brief

1 The Denver Broncos have fired coach Josh McDaniels.

2 Don Meredith, an original member of ABC's Monday Night Football broadcast team, died Sunday. He was 72.

3 The Minnesota Vikings are expecting Brett Favre to play once again this weekend. THE ASSOCIATED PRESS

Scan code for more sports

Gillick headed to the Hall

Former general manager Pat Gillick, who led the Toronto Blue Jays to back-to-back World Series in the early 1990s, was elected to baseball's Hall of Fame yesterday by the Veterans Committee.

In his fifth time on the ballot, former players' association head Marvin Miller fell one vote short of the 75 per cent needed for election and Dave Concepcion, a nine-time all-star shortstop, was third with eight votes from the 16-man committee that considered candidates from the expansion era, 1973 on. The 93-year-old Miller, who led the Major League Baseball Players Association from 1966-81, had asked not to be included on the ballot.

George Steinbrenner, the New York Yankees owner from 1973 until his death in July, was among the candidates who received fewer than eight votes.

Gillick will be inducted into Cooperstown during ceremonies on July 24 along with any players chosen next month by the Baseball Writers' Association of America. THE ASSOCIATED PRESS

3 World Series titles won by teams run by Pat Gillick — the 1992 and 1993 Blue Jays and the 2008 Philadelphia Phillies.

Sports in brief

Orioles add a big bat

MLB. The Arizona Diamondbacks have traded strikeout-prone slugger Mark Reynolds to the Baltimore Orioles for two relievers.

Arizona will get right-handers David Hernandez and Kam Mickolio. Reynolds has averaged nearly 35 homers for the last three years, but also more than 200 strikeouts. THE ASSOCIATED PRESS

Guerin hangs up skates

NHL. Veteran winger Bill Guerin has announced his retirement.

A two-time Stanley Cup winner, the 40-year-old Guerin ends his 18-year career with 429 goals and 427 assists. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
29	19	8	2	0	91	67	40	9-5-1-0	10-3-1-0	10-0-0-0		W10
d-Washington	29	18	8	1	2	96	79	39	12-2-0-2	6-6-1-0	4-4-0-2	L3
d-Montreal	27	17	8	2	0	71	53	36	10-4-2-0	7-4-0-0	6-3-1-0	W2
Philadelphia	28	17	7	2	2	95	69	38	10-5-0-1	7-2-2-1	5-3-0-2	W2
Tampa Bay	27	15	9	2	1	84	94	33	7-2-1-1	8-7-1-0	7-2-0-1	W1
Atlanta	28	15	10	1	2	91	83	33	9-5-0-1	6-5-1-1	8-2-0-0	W2
NY Rangers	29	16	12	1	0	83	77	33	6-8-1-0	10-4-0-0	6-4-0-0	L1
Boston	25	14	8	0	3	72	50	31	5-5-0-2	9-3-0-1	5-3-0-2	L1
Ottawa	28	12	14	1	1	61	81	26	7-7-0-1	5-7-1-0	3-6-0-1	W1
Carolina	26	11	12	0	3	75	84	25	6-5-0-1	5-7-0-2	3-4-0-3	L1
Buffalo	27	11	13	3	0	68	73	25	5-8-1-0	6-5-1-0	6-4-0-0	W2
Toronto	26	10	12	2	2	59	76	24	7-5-2-1	3-7-0-1	5-4-1-0	W2
Florida	25	11	14	0	0	64	66	22	5-5-0-0	6-9-0-0	4-6-0-0	W1
New Jersey	27	8	17	1	1	50	81	19	4-6-1-1	4-11-0-0	3-7-0-0	L3
NY Islanders	25	5	15	3	2	56	86	15	3-6-1-1	2-9-2-1	1-7-1-1	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	25	17	5	2	1	86	67	37	10-2-1-1	7-3-1-0	6-2-2-0	L2
d-Dallas	26	16	8	0	2	76	69	34	10-3-0-1	6-5-0-1	9-1-0-2	L1
d-Vancouver	25	14	8	1	2	80	64	31	8-3-0-1	6-5-1-1	5-4-1-0	L1
Chicago	29	15	12	1	1	90	84	32	7-8-0-0	8-4-1-1	7-3-0-0	W1
Columbus	26	15	10	0	1	70	71	31	7-7-0-1	8-3-0-0	5-4-0-1	W1
Phoenix	26	13	7	4	2	74	72	31	5-3-2-2	8-4-2-0	7-2-0-1	W1
Los Angeles	25	15	10	0	0	69	62	30	10-2-0-0	5-8-0-0	3-7-0-0	W2
San Jose	26	13	9	4	0	78	73	30	7-4-2-0	6-5-2-0	4-4-2-0	W1
St. Louis	26	13	9	2	2	67	72	30	8-2-0-1	5-7-2-1	4-5-1-0	W1
Nashville	26	12	8	4	2	65	68	30	5-1-3-2	7-7-1-0	5-2-1-2	L1
Colorado	26	13	10	3	0	91	82	29	7-4-1-0	5-6-2-0	4-4-2-0	L3
Anaheim	29	13	13	2	1	71	87	29	9-6-0-1	4-7-2-0	3-6-1-0	L2
Minnesota	26	11	11	1	3	63	76	26	7-6-0-2	4-5-1-1	3-5-1-1	L5
Edmonton	26	10	12	1	3	70	93	24	4-6-0-1	6-6-1-2	6-3-0-1	W4
Calgary	27	11	14	1	1	74	82	24	6-6-0-0	5-8-1-1	4-4-1-1	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Pittsburgh 2 New Jersey 1
Toronto 5 Washington 4 (SO)
Atlanta 3 Nashville 2 (OT)
Columbus 3 Dallas 2 (SO)
San Jose 5 Detroit 2
Philadelphia 3 N.Y. Islanders 2
Phoenix 3 Anaheim 0

Sunday's results
Ottawa 3 N.Y. Rangers 1
Chicago 4 Calgary 2
St. Louis 3 Vancouver 2

Tonight's games
(All times Eastern)
Ottawa at Montreal, 7 p.m.
Buffalo at Boston, 7:30 p.m.
Colorado at Florida, 7:30 p.m.
Tampa Bay at Calgary, 9:30 p.m.
Anaheim at Edmonton, 9:30 p.m.

LEAFS 5, CAPITALS 4 (SO)

First Period
1. Washington, Perreault 1 (Poti, Semin) 2:55
2. Toronto, MacArthur 8 (Kulemin) 11:47 (pp)
3. Washington, Knuble 5 (Backstrom, Poti) 14:58 (pp)

Penalties — Bradley Wash (high-sticking) 4:54, Armstrong Tor (high-sticking) 5:50, Backstrom Wash (high-sticking) 9:57, Sjostrom Tor (interference) 12:09, Beauchemin Tor (slashing) 13:54.

Second Period
4. Washington, Perreault 2 (Laich) 6:46
5. Washington, Ovechkin 12 (Poti, Backstrom) 13:50

Penalties — Orr Tor, King Wash (fighting) 12:25, Semin Wash (tripping) 14:06.

Third Period
6. Toronto, Grabovski 6 (Kaberle, Kulemin) 4:16
7. Toronto, Brent 3 (Kaberle, Kadri) 17:37
8. Toronto, MacArthur 9 (Grabovski, Kessel) 18:36

Penalty — Green Wash (delay of game) 10:56.
Overtime — No Scoring.
Penalties — None.
Shootout — Toronto wins 1-0
Toronto (1) — Kadri, miss; Grabovski, goal; Kessel, miss.
Washington (0) — Ovechkin, miss; Perreault, miss; Semin, miss.

Shots

Toronto	7	11	8	2—28
Washington	12	9	12	3—36

Goal — Toronto: Gustavsson (W,4-7-2); Washington: Neuvirth (L,12-4-2). **Power plays (goals-chances)** — Toronto: 1-4; Washington: 1-3.
Att. — 18,398 (18,398) at Washington.

SCORING LEADERS

	G	A	PT
Crosby, Pgh	23	23	46
Stamkos, TB	21	19	40
Ovechkin, Wash	11	23	34
St. Louis, TB	11	23	34
Semin, Wash	18	14	32
D.Sedin, Vcr	14	17	31
Backstrom, Wash	11	19	30
B.Richards, Dal	11	19	30
Hejduk, Col	10	20	30
H.Sedin, Vcr	3	27	30
Sharp, Chi	16	13	29
Datsyuk, Det	8	21	29
Perry, Ana	12	16	28
E.Staal, Car	12	16	28
Byfuglien, Atl	10	18	28
M.Richards, Pha	10	18	28
P.Kane, Chi	11	16	27
Ladd, Atl	9	18	27
Getzlaf, Ana	8	19	27
Heatley, SJ	12	14	26
Roy, Buf	9	17	26
Havlat, Minn	7	19	26
Letang, Pgh	5	21	26
Giroux, Pha	13	12	25
C.Stewart, Col	11	14	25
Eriksson, Dal	10	15	25
J.Williams, LA	10	15	25
Plekanec, Mtl	9	16	25
Zetterberg, Det	9	16	25
Toews, Chi	12	12	24
Kopitar, LA	10	14	24
Duchene, Col	8	16	24
Selanne, Ana	8	16	24
J.Thornton, SJ	6	18	24
Liles, Col	4	20	24
Ryan, Ana	13	10	23
Dubinsky, NYR	12	11	23
Iginla, Cal	11	12	23
Neal, Dal	10	13	23
P.Stastny, Col	10	13	23
Tanguay, Cal	8	15	23
Ribeiro, Dal	4	19	23
J.Carter, Pha	12	10	22
Lucic, Bos	12	10	22
Marleau, SJ	11	11	22

Not including last night's games

GOLF

PGA TOUR Q-SCHOOL

At Winter Garden, Fla.
p-Panther Lake Course (7,223 yards; par-71) c-Crooked Cat Course (7,493 yards; par-72)
Note: Final top 25 earn PGA Tour cards for 2011. The next 50 are exempt on the Nationwide Tour.

Final Round

Billy Mayfair, $50,000	69p-69c-68p-68c-67p-70c-411
William McGirt, $37,500	69p-72c-68p-66c-69p-68c-412
Ben Martin, $37,500	66p-68c-67p-69c-71p-71c-412
Cameron Tringale, $30,000	69p-67c-69p-69c-71p-68c-413
Jarrod Lyle, $27,500	70c-68p-71p-67c-70p-68c-414
Michael Putnam, $25,000	71p-73c-69p-66c-67p-69c-415
Brandt Jobe, $25,000	72p-65c-71p-69c-69p-69c-415
Zack Miller, $25,000	70p-68c-67p-68c-71p-71c-415
Kyle Stanley, $25,000	65c-70p-69p-75c-69p-68c-416
Paul Stankowski, $25,000	69c-72p-66p-68c-72p-69c-416
Chris Baryla, $25,000	**72p-61c-73p-71c-74p-66c-417**
Scott Stallings, $25,000	71c-71p-67p-65c-72p-71c-417
Nate Smith, $25,000	73c-69p-66p-67c-70p-72c-417
Gary Woodland, $25,000	71c-68p-69p-71c-67p-71c-417
Bio Kim, $25,000	70p-70c-66p-68c-68p-75c-417
Joseph Bramlett, $25,000	67c-73p-69p-69c-72p-68c-418
Michael Thompson, $25,000	73p-72c-69c-65p-69p-70c-418
Kent Jones, $25,000	70c-68p-71p-68c-70p-71c-418
Matt McQuillan, $25,000	**70p-67c-72p-72c-66p-71c-418**
Sunghoon Kang, $25,000	68c-67p-71p-71c-70p-71c-418
James Driscoll, $25,000	68p-68c-69p-66c-75p-72c-418
Andres Gonzales, $25,000	70c-71p-68p-71c-71p-68c-419
Alexandre Rocha, $25,000	72p-73c-70p-68p-68c-68c-419
Jim Renner, $25,000	72p-68c-73p-69c-67p-70c-419
Justin Hicks, $25,000	72p-71c-70p-65c-70p-71c-419
Richard S. Johnson, $25,000	72p-71c-68p-70c-68p-70c-419
Scott Gordon, $25,000	70p-70c-67p-71c-71p-71c-420
Billy Horschel, $25,000	70p-72c-66p-68c-70p-74c-420
Will Strickler, $25,000	72p-69c-67p-68c-68p-76c-420
Tommy Biershenk, $5,000	71c-70p-71p-68c-71p-70c-421
J.J. Killeen, $5,000	71c-68p-70p-69c-73p-70c-421
Richard Lee, $5,000	73c-68p-67p-69c-72p-72c-421
Joe Affrunti, $5,000	74p-70c-66p-70c-68p-73c-421
Jeff Quinney, $5,000	74c-65p-69p-69c-70p-74c-421
Camilo Benedetti, $5,000	73p-73c-71c-64p-66p-74c-421
Gavin Coles, $5,000	69p-72c-71p-67c-72p-71c-422
Mathew Goggin, $5,000	73p-74c-65c-71p-68p-71c-422
Luke Hickmott, $5,000	72p-69c-66p-71c-71p-73c-422
Ryan Armour, $5,000	71c-72p-70p-69c-66p-74c-422
Seung Ho Lee, $5,000	69c-67p-71p-73c-73p-69c-422
Nicholas Thompson, $5,000	72p-71c-71p-68c-69p-72c-423
Charles Warren, $5,000	70p-67c-70p-70c-74p-72c-423
Will MacKenzie, $5,000	72p-73c-70c-66p-71p-71c-423
Stephen Gangluff, $5,000	70p-77c-67c-68p-70p-71c-423
Michael Letzig, $5,000	73c-71p-69p-72c-67p-71c-423
Jason Gore, $5,000	70c-72p-72p-68c-72p-69c-423
David Branshaw, $5,000	71c-72p-69p-71c-71p-69c-423
James Hahn, $5,000	70p-75c-74c-69p-67c-68p-423
Jon Mills, $5,000	**75p-71c-71c-70p-67c-69p-423**
Josh Geary, $5,000	69c-67p-72p-70c-72p-74c-424
Carlos Franco, $5,000	70p-66c-71p-74c-68p-75c-424
Dustin Garza, $5,000	73c-70p-70p-68c-72p-71c-424
Sang-moon Bae, $5,000	76p-70c-66c-70p-71p-71c-424
Briny Baird, $5,000	79c-66p-69c-68p-71p-71c-424
Aaron Watkins, $5,000	73c-72p-67c-70p-71p-71c-424
James Nitties, $5,000	72p-75c-69c-68p-69p-71c-424
Brian Smock, $5,000	74p-71c-69c-68p-72p-70c-424
Jake Younan-Wise, $5,000	72c-72p-71p-73c-65c-71p-424
Danny Wax, $5,000	69c-70p-69p-72c-71p-74c-425
Cameron Percy, $5,000	74c-75p-68c-67p-69p-72c-425
David Lingmerth, $5,000	72p-69c-69p-70c-75p-70c-425
John Merrick, $5,000	71p-75c-72c-66p-71p-70c-425
Elliot Gealy, $5,000	69c-74p-75p-72c-65c-70p-425
Shawn Jasper, $5,000	70p-72c-72p-69c-67p-76c-426
Danny Lee, $5,000	74c-72p-69c-65p-72p-74c-426
Skip Kendall, $5,000	76c-74p-69c-70p-69c-68p-426
Jim Herman, $5,000	70p-74c-68p-69c-73p-72c-426
Martin Flores, $5,000	76p-73c-71c-70p-67c-69p-426
Scott McCarron, $5,000	72p-74c-72c-70p-69c-69p-426
Tim Wilkinson, $5,000	72c-72p-71p-68c-72p-71c-426
Jason Schultz, $5,000	73p-74c-68c-71p-70c-70p-426
Brett Waldman, $5,000	68p-72c-71p-72c-75p-68c-426
Greg Owen, $5,000	76c-69p-70c-71p-68c-72p-426
James Sacheck, $5,000	75c-71p-73c-71p-70c-67p-427
Tyrone Van Aswegen, $5,000	72c-70p-73p-68c-69p-75c-427
Johnson Wagner, $5,000	72p-75c-71c-74p-66c-69p-427
Blake Parks, $5,000	73p-74c-70c-70p-70c-70p-427
Todd Bailey, $5,000	71c-69p-72p-70c-72p-73c-427
Rahil Gangjee, $5,000	71c-71p-74p-67c-71p-73c-427
Adam Blyth, $5,000	71c-71p-73p-69c-71p-72c-427
Travis Hampshire, $5,000	74c-72p-74c-71p-65c-71p-427
Stephen Dartnall, $5,000	70c-74p-70p-69c-73p-71c-427
Matthew Giles, $5,000	71c-74p-69p-70c-72p-71c-427
Richard T. Lee, $5,000	**71p-71c-74p-72c-67c-72p-427**
Brock Mackenzie	73p-74c-74c-68p-69c-70p-428
Dicky Pride	69c-73p-70p-74c-71c-71p-428
Casey Crain	73c-73p-69c-71p-71c-71p-428
Also	
Matthew Richardson	**74c-69p-73p-69c-72p-72c-429**
Ted Brown	**71c-78p-70c-72p-70c-74p-435**
David McKenzie	**75c-74p-71c-71p-72c-77p-440**

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Boston	16	4	.800	—
d-Orlando	15	6	.714	11/2
Atlanta	14	8	.636	3
Miami	13	8	.619	31/2
New York	12	9	.571	41/2
d-Chicago	10	8	.556	5
Indiana	10	9	.526	51/2
Toronto	8	13	.381	81/2
Milwaukee	7	12	.368	81/2
Charlotte	7	13	.350	9
Cleveland	7	13	.350	9
Detroit	7	14	.333	91/2
Washington	6	13	.316	91/2
Philadelphia	6	14	.300	10
New Jersey	6	15	.286	101/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	17	3	.850	—
Dallas	16	4	.800	1
d-Utah	15	6	.714	21/2
d-L.A. Lakers	14	6	.700	3
Denver	13	6	.684	31/2
Oklahoma City	14	7	.667	31/2
New Orleans	13	7	.650	4
Phoenix	11	9	.550	6
Portland	9	11	.450	8
Golden State	8	12	.400	9
Memphis	8	13	.381	91/2
Houston	7	13	.350	10
Minnesota	5	15	.250	12
Sacramento	4	14	.222	12
L.A. Clippers	4	17	.190	131/2

d-division leader

Last night's results
Indiana 124 Toronto 100
Atlanta 80 Orlando 74
Minnesota at New York
Oklahoma City at Chicago
Miami at Milwaukee
Memphis at Utah
Sacramento at L.A. Clippers

Sunday's results
Boston 100 New Jersey 75
New York 116 Toronto 99
Detroit 102 Cleveland 92
Oklahoma City 114 Golden State 109
San Antonio 109 New Orleans 84
Denver 108 Memphis 107
Phoenix 125 Washington 108
Portland 100 L.A. Clippers 91

Tonight's games
(All times Eastern)
New Jersey at Atlanta, 7 p.m.
Denver at Charlotte, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Golden State at Dallas, 8:30 p.m.
Detroit at Houston, 8:30 p.m.
Phoenix at Portland, 10 p.m.
Washington at L.A. Lakers, 10:30 p.m.

PACERS 124, RAPTORS 100

TORONTO (100)
Weems 3-10 2-2 8, Johnson 7-13 1-3 15, Bargnani 5-11 2-3 12, Calderon 8-12 3-4 21, DeRozan 3-9 1-2 7, Davis 3-8 0-0 6, Barbosa 5-14 0-0 12, Bayless 2-10 0-0 5, Kleiza 5-12 1-1 12, Wright 1-1 0-0 2, Dorsey 0-0 0-0 0. Totals 42-100 10-15 100.

INDIANA (124)
Granger 9-16 1-2 21, McRoberts 4-11 3-4 12, Hibbert 6-9 1-1 13, Collison 6-7 5-5 17, Dunleavy 5-7 0-0 11, Rush 10-18 0-0 26, Posey 4-8 0-0 11, Ford 1-3 2-2 4, S.Jones 2-5 1-2 5, Hansbrough 0-0 4-4 4, D.Jones 0-0 0-0 0, Price 0-1 0-0 0. Totals 47-85 17-20 124.

Toronto	18	26	23	33	100
Indiana	31	37	21	35	124

3-Point Goals—Toronto 6-18 (Calderon 2-2, Barbosa 2-5, Bayless 1-3, Kleiza 1-4, Bargnani 0-4), Indiana 13-26 (Rush 6-8, Posey 3-7, Granger 2-5, Dunleavy 1-1, McRoberts 1-4, Ford 0-1). Fouled Out—None. Rebounds—Toronto 53 (Johnson 9), Indiana 51 (Granger 9). Assists—Toronto 16 (Calderon 4), Indiana 33 (Hibbert, McRoberts, Ford 6). Total Fouls—Toronto 23, Indiana 15. A—11,930 (18,165) at Indianapolis.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
BALTIMORE ORIOLES—Acquired 3B Mark Reynolds and a player to be named or cash from the Arizona for RHP David Hernandez and RHP Kam Mickolio.
BOSTON RED SOX—Acquired 1B Adrian Gonzalez from San Diego for OF Reymond Fuentes, RHP Casey Kelly, 1B Anthony Rizzo and a player to be named.
TORONTO BLUE JAYS—Acquired 2B Brett Lawrie from Milwaukee for RHP Shaun Marcum.

NATIONAL LEAGUE
ARIZONA DIAMONDBACKS—Agreed to terms with INF Melvin Mora on a one-year contract.
CHICAGO CUBS—Named Mark Riggins pitching coach.
NEW YORK METS—Agreed to terms with INF Russ Adams and C Dusty Ryan on minor league contracts.
SAN DIEGO PADRES—Agreed to terms with RHP Aaron Harang on a one-year contract.

BASKETBALL

NBA

LEAGUE OFFICE—Suspended Los Angeles Clippers F Brian Cook two games for his Flagrant Foul, Penalty Two against Portland C Joel Przybilla and Portland G Andre Miller for one game for making excessive and unnecessary contact with Los Angeles F Blake Griffin during a Dec. 5 game.

FOOTBALL

NFL

DENVER BRONCOS—Fired coach Josh McDaniels.
TAMPA BAY BUCCANEERS—Placed CB Aqib Talib and C Jeff Faine on injured reserve.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Assigned F Jeremy Morin to Rockford (AHL).
DALLAS STARS—Recalled LW Francis Wathier from the Texas (AHL).
NEW YORK ISLANDERS—Sent D Dylan Reese to Bridgeport (AHL).
PITTSBURGH PENGUINS—F Bill Guerin announced his retirement.
WASHINGTON CAPITALS—Recalled C Mathieu Perreault from Hershey (AHL).

AHL

LEAGUE OFFICE—Suspended Oklahoma City D Jordan Bendfeld for one game as a result of his actions in a Dec. 3 game at Manitoba.
PROVIDENCE BRUINS—Announced F Jordan Caron was assigned to the team by Boston (NHL).

LACROSSE

NLL

EDMONTON RUSH—Signed D Bill Greer to a one-year contract.

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Liverpool 3 Aston Villa 0

SPAIN

LA LIGA

Yesterday's result
Deportivo La Coruna 1 Hercules 0

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	9	2	0	.818	334	266
N.Y. Jets	9	2	0	.818	264	187
Miami	6	6	0	.500	215	238
Buffalo	2	10	0	.167	243	333

SOUTH	W	L	T	Pct	PF	PA
Jacksonville	7	5	0	.583	257	300
Indianapolis	6	6	0	.500	317	290
Houston	5	7	0	.417	288	321
Tennessee	5	7	0	.417	263	235

NORTH	W	L	T	Pct	PF	PA
Pittsburgh	9	3	0	.750	267	191
Baltimore	8	4	0	.667	260	201
Cleveland	5	7	0	.417	229	239
Cincinnati	2	10	0	.167	255	322

WEST	W	L	T	Pct	PF	PA
Kansas City	8	4	0	.667	295	237
Oakland	6	6	0	.500	283	269
San Diego	6	6	0	.500	323	253
Denver	3	9	0	.250	256	333

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	8	4	0	.667	308	247
Philadelphia	8	4	0	.667	344	281
Washington	5	7	0	.417	222	293
Dallas	4	8	0	.333	294	336

SOUTH	W	L	T	Pct	PF	PA
Atlanta	10	2	0	.833	304	233
New Orleans	9	3	0	.750	299	227
Tampa Bay	7	5	0	.583	243	251
Carolina	1	11	0	.083	154	307

NORTH	W	L	T	Pct	PF	PA
Chicago	9	3	0	.750	246	192
Green Bay	8	4	0	.667	303	182
Minnesota	5	7	0	.417	227	253
Detroit	2	10	0	.167	278	306

WEST	W	L	T	Pct	PF	PA
Seattle	6	6	0	.500	240	289
St. Louis	6	6	0	.500	232	237
San Francisco	4	8	0	.333	203	259
Arizona	3	9	0	.250	200	338

WEEK 13

Last night's result
N.Y. Jets at New England

Sunday's results
Atlanta 28 Tampa Bay 24
Chicago 24 Detroit 20
Cleveland 13 Miami 10
Dallas 38 Indianapolis 35 (OT)
Green Bay 34 San Francisco 16
Jacksonville 17 Tennessee 6
Kansas City 10 Denver 6
Minnesota 38 Buffalo 14
New Orleans 34 Cincinnati 30
N.Y. Giants 31 Washington 7
Oakland 28 San Diego 13
Seattle 31 Carolina 14
St. Louis 19 Arizona 6
Pittsburgh 13 Baltimore 10

Thursday's result
Philadelphia 34 Houston 24

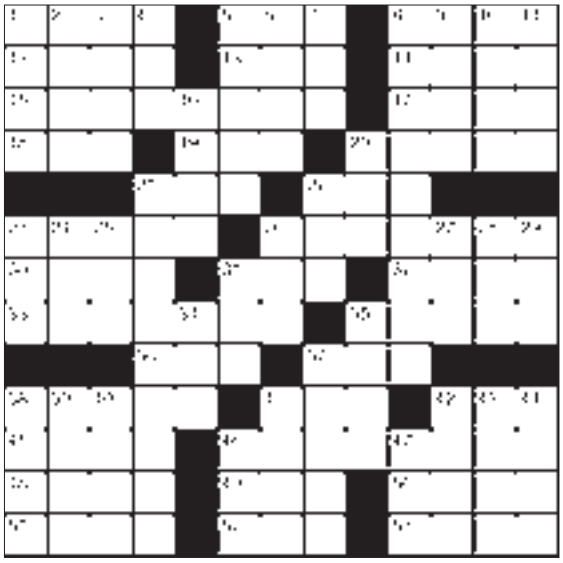
WEEK 14

Thursday's game
(All times Eastern)
Indianapolis at Tennessee, 8:20 p.m.

Sunday, Dec. 12
N.Y. Giants at Minnesota, 1 p.m.
Tampa Bay at Washington, 1 p.m.
Cleveland at Buffalo, 1 p.m.
Green Bay at Detroit, 1 p.m.
Oakland at Jacksonville, 1 p.m.
Cincinnati at Pittsburgh, 1 p.m.
Atlanta at Carolina, 1 p.m.
Seattle at San Francisco, 4:05 p.m.
St. Louis at New Orleans, 4:05 p.m.
Kansas City at San Diego, 4:15 p.m.
Denver at Arizona, 4:15 p.m.
New England at Chicago, 4:15 p.m.
Miami at N.Y. Jets, 4:15 p.m.
Philadelphia at Dallas, 8:20 p.m.

Monday, Dec. 13
Baltimore at Houston, 8:30 p.m.

Crossword



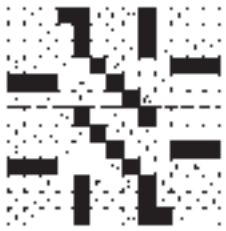
Across

1 Actress Turner
5 Possessed
8 Heart of the matter
12 Chopping tools
13 Have a debt
14 Poi base
15 A Great Lake
17 Quite some time
18 Request
19 Comic Romano
20 Penniless
21 Martini ingredient
22 Belushi of "The Defenders"
23 Book of maps
26 Least inclined to do anything
30 Slay
31 Howl at the moon
32 Profit
33 Los Angeles team
35 Intimidate
36 Meadow
37 Coop occupant
38 Raise trivial objections
41 Gullet
42 Chaps
45 Sandwich cookie
46 Olympian cupbearer
48 Property claim
49 Conclusion
50 One
51 Reveille's opposite
52 Myrna of Hollywood
53 Courage

Down

1 Tibetan monk
2 Line of symmetry
3 Head-shoulders connector
4 Blond shade
5 Paul who played Crocodile Dundee
6 Vacationing
7 Hideaway
8 Variety of grouse
9 "Othello" villain
10 "Star —"
11 Gardening aid
16 Rainbow
20 Occupation, for short
21 Masses of nerve tissue
22 Big name in late-night TV
23 Toss in
24 As well
25 Cover
26 Part of UNLV
27 Water (Fr.)
28 Sermon subject
29 Potent stick
31 Bikini top
34 Moray, for one
35 Like a lawn at dawn
37 Convenient
38 Future stallion
39 Met melody
40 Joe Biden, e.g.
41 Hand (Sp.)
42 Options list
43 Fix a manuscript
44 Trawler equipment
46 Solidify
47 Beer container

▶ Yesterday's answer



Sudoku

8	7			9		6		4
		1						2
6					5		3	
		9	7		3			
1				8				5
			1		6	2		
	9		4					3
7						5		
4		2		6			7	1

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	9	1	4	6	2	7
4	1	7	2	6	8	5	9	3
6	2	9	3	5	7	8	1	4
9	6	3	4	2	5	1	7	8
8	4	1	6	7	3	9	5	2
5	7	2	8	9	1	4	3	6
1	5	4	7	8	2	3	6	9
7	3	6	5	4	9	2	8	1
2	9	8	1	3	6	7	4	5

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

"Nish, I love you. I was thinking of you and thought you deserve this. Keep working hard - I want you to know you're amazing." **YOUR LOVING BOYFRIEND**

To the man who always makes me smile. I can't get enough of you. I've memorized your face and the way you look at me. I cherish every moment that we spend together. As close friends, we will always find our balance. **I LOVE YOU BABY.**

Dear AW, I just wanted to tell the whole city about how incredible you are and how my heart will always be yours. From your stranger, **MT**

Sarah! these last few weeks have been the best of my life! i couldnt be any more in love!!! i miss you soo much, im the LUCKIEST guy alive! i cant wait to see you and hold you in my arms again <333 **LOVE JUSTIN :)**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 One of the best times for your career begins today and you must make the most of it. Get rid of the idea that you are somehow not good enough to compete with the best.

♉ Taurus April 21-May 21 It's not true that you think only of yourself and you will get the chance to prove it today. You are at your best when fighting on the side of truth and justice, so follow your conscience.

♊ Gemini May 22-June 21 You may resent having to pay for something that you feel you should get for free but what choice do you have? Sometimes in life you have to give some to get some and it would appear this is one of those occasions.

♋ Cancer June 22-July 22 Cosmic activity in your opposite sign of Capricorn will bring disputes to the boil over the next few days but that's good because you have been avoiding them for too long.

♌ Leo July 23-Aug.23 It is one thing to have a dream but quite another to turn that dream into reality, so start thinking now about how you can make your life more secure and enjoyable.

♍ Virgo Aug. 24- Sept. 22 One of the best times of the year begins for you as Mars moves into the most dynamic area of the sky. It does not matter how many things went wrong in the past, it will all start going right again very soon.

♎ Libra Sept. 23-Oct. 23 Keep what you say short and sweet because others will lose interest quickly if you spin things out too long. Also, make sure you back up your words with actions.

♏ Scorpio Oct. 24-Nov. 22 You are thinking too much about a problem that will most likely resolve itself if you just leave it alone. If you really are so concerned get a friend to sort it out for you.

♐ Sagittarius Nov. 23-Dec. 21 You have come a long way in recent weeks and you will go a lot further over the next few days. But are you making what you have discovered, about yourself and about the world, pay financially?

♑ Capricorn Dec. 22-Jan. 20 Energy planet Mars moves into your sign today and it won't be long before you feel the difference physically, emotionally and intellectually. Put the past behind you and focus on your bright new future.

♒ Aquarius Jan. 21-Feb. 18 No matter what happens over the next few days you must keep reminding yourself that you are not a victim, that you alone control your destiny.

♓ Pisces Feb. 19-March 20 For too long now you have been worrying about your reputation and about how other people perceive you. Now at last you can do something about it. And you don't have to do it alone. **SALLY BROMPTON**

Caption contest

AJIT SOLANKI/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARCO UGARTE/THE ASSOCIATED PRESS

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Vanier Medical Centre 292 Montreal Rd., Vanier
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CORRECTION: In the Ram Truck ad that has appeared in this publication during December, the amount of Consumer Cash available on the 2011 Ram 1500 Quad Cab SXT 4X4 Consumer Cash is incorrectly listed as $8,500 instead of $8,250 – the correct total price of the vehicle is $25,995. We apologize for any inconvenience this may have caused.

AIR CANADA VACATIONS

LIMITED TIME OFFER. BOOK BY DEC. 10, 2010

BUY ONE GET ONE 1/2 OFF

Use your mobile application

CUBA
Cayo Coco/Cayo Guillermo
via Toronto

TRYP Cayo Coco • 4 ★
All-Inclusive • Standard rm. • Jan. 2 - 16 • 1 wk.

1st passenger $910
+Taxes & other fees: $167
Departure tax: 25 CUC cash, paid locally

2nd passenger $455
+Taxes & other fees: $167
Departure tax: 25 CUC cash, paid locally

Santa Clara

Meliá Las Dunas • 4 1/2 ★
All-Inclusive • Standard rm.
Jan. 9 - 23 • 1 wk.

1st passenger $999
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

PRIVILEGES
2nd passenger $499
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

Varadero

Meliá Varadero • 4 ★
All-Inclusive • Standard rm.
Jan. 8 & 15 • 1 wk.

1st passenger $1039
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

PRIVILEGES
2nd passenger $519
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

Paradisus Varadero Resort & Spa • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 & 15 • 1 wk.

1st passenger $1539
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

PRIVILEGES
2nd passenger $769
+Taxes & other fees: $149
Departure tax: 25 CUC cash, paid locally

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive • Traditional standard rm.
Jan. 8 • 1 wk.

1st passenger $1199
+Taxes & other fees: $93

PRIVILEGES
2nd passenger $600
+Taxes & other fees: $93

DOMINICAN REPUBLIC
La Romana via Toronto

Gran Bahia Principe La Romana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.

1st passenger $1049
+Taxes & other fees: $157

PRIVILEGES
2nd passenger $529
+Taxes & other fees: $157

Punta Cana

Occidental Grand Punta Cana • 4 ★
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.

1st passenger $1199
+Taxes & other fees: $146

2nd passenger $599
+Taxes & other fees: $146

Gran Bahia Principe Punta Cana • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.

1st passenger $1369
+Taxes & other fees: $146

PRIVILEGES
2nd passenger $679
+Taxes & other fees: $146

Gran Bahia Principe Ambar, Don Pablo Collection • 5 ★
All-Inclusive • Junior suite
Jan. 8 - 29 • 1 wk.
Adults only

1st passenger $1529
+Taxes & other fees: $146

PRIVILEGES
2nd passenger $769
+Taxes & other fees: $146

JAMAICA

Sunset Jamaica Grande Resort & Spa • 4 ★
All-Inclusive • Traditional standard rm.
Jan. 22 • 1 wk.

1st passenger $1249
+Taxes & other fees: $93

PRIVILEGES
2nd passenger $625
+Taxes & other fees: $93

ST. MARTIN/ST. MAARTEN
via Toronto

Hotel Beach Plaza • 3 1/2 ★
Breakfast • Luxe island view rm.
Jan. 8, 15 & 22 • 1 wk.

1st passenger $1099
+Taxes & other fees: $196

2nd passenger $550
+Taxes & other fees: $196

MEXICO
Ixtapa/Zihuatanejo via Toronto

Barceló Ixtapa Beach • 4 ★
All-Inclusive • Superior rm.
Jan. 8 - 29 • 1 wk.

1st passenger $1199
+Taxes & other fees: $260

PRIVILEGES
2nd passenger $599
+Taxes & other fees: $260

Puerto Vallarta/Riviera Nayarit
via Toronto

Barceló Puerto Vallarta • 4 ★
All-Inclusive • Junior suite deluxe
Jan. 7 - 26 • 1 wk.

1st passenger $1259
+Taxes & other fees: $110
Please add $85 for Sat. & Sun. departures

2nd passenger $630
+Taxes & other fees: $110
Please add $85 for Sat. & Sun. departures

Canto del Sol Plaza Vallarta • 3 1/2 ★
All-Inclusive • Standard rm. • Jan. 7 - 26 • 1 wk.

1st passenger $1259
+Taxes & other fees: $110
Please add $85 for Sat. & Sun. departures

2nd passenger $630
+Taxes & other fees: $110
Please add $85 for Sat. & Sun. departures

JAMAICA

Gran Bahia Principe Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Jan. 8 • 1 wk.

1st passenger $1479
+Taxes & other fees: $93

PRIVILEGES
2nd passenger $740
+Taxes & other fees: $93

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tico.ca

CALL TODAY, CLASSES STARTING SOON!

Paralegal

Part time evening program now available!

Program Objective

Paralegal has become a regulated profession in Ontario as of May 1, 2007. To legally practice as an independent paralegal in Ontario, a person must be licensed by the Law Society of Upper Canada.

To obtain a license, a person must graduate from a program accredited by the Law Society, pass a licensing examination and be of good character. The Paralegal program of Algonquin Careers Academy is **accredited by The Law Society of Upper Canada.**

The objective of this program is to provide you with "hands-on" training in the key areas of paralegal work and to prepare you to successfully challenge the licensing exam. As a successful graduate you will have the knowledge and skills to enter into any Tribunal, Small Claims Court or Traffic Court, and be able to deal with every eventuality that may arise.

This 44 week diploma program includes an 4 week co-op placement.

Legal subject matter covered includes:

- Canadian Legal System
- Legal Research
- Evidence and the Litigation Process
- Torts and Contracts
- Employment Law
- Criminal Summary Conviction Procedure
- Provincial Offences/ Motor Vehicle Law
- Dispute Resolution and Mediation
- Advocacy and Moot Court
- Tribunal Practice and Procedure
- Immigration Law
- Residential Landlord and Tenant Law
- Ethics and Professional Responsibility

Pharmacy Technician

Program Objective

The *Health Systems Improvement Act*, 2007 enables the regulation of Pharmacy Technicians in Ontario. In order to practice as a Pharmacy Technician, a person must be registered with the Ontario College of Pharmacists.

Registration requirements will require a person to graduate from a program that has been accredited by the Canadian Council for Accreditation of Pharmacy Programs (CCAPP).

The Pharmacy Technician program of Algonquin Careers Academy is **accredited by CCAPP**,

The Pharmacy Technician diploma program is designed to prepare you for a challenging career in a Community/Retail Pharmacy, Hospital Pharmacy, Manufacturing Facility or Long-Term Care Facility.

This 40 week diploma program includes an 8 week co-op placement.

Pharmacy subject matter covered includes:

- Pharmacy Fundamentals
- Pharmacy Math
- Anatomy and Physiology
- Pharmacology
- Compounding
- Sterile Techniques
- Pharmacy Software
- Systems and Procedures-Community Pharmacy
- Systems and Procedures-Hospital Pharmacy

Personal Support Worker

Part time evening program now available!

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Graduates of the Personal Support Worker Diploma Program are prepared to pursue a career in the traditional nursing assistant role in health care environments such as nursing homes, retirement residences, hospitals, hospices, and with health care service organizations.

This 24 week program includes 11 weeks of clinical placement.

Medical (Dental) Office Assistant

Do you like working with people? The Medical Office Assistant program is designed to provide you with the medical, clerical, and communication skills necessary to start a career as a member of the health care team in a medical or dental office.

This course is a 30 week diploma program and includes a 4 week co-op placement.

Fitness & Health Promotion

NEW program

This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. You will develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op placement.

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Accounting and Payroll Administrator

The objective of this program is to train you in the practices of financial accounting and payroll in Canada.
This program focuses on three key elements: understanding the theoretical principles of accounting and payroll, practice the practical "hands on" skills required to do the job and mastering the communication skills needed to work in an office environment. You will have the necessary skills to enter into the workforce and maintain a complete set of books, both manually and with computerized systems.

This is a 33 week program.

Travel Counsellor Online

The Travel and Tourism industry is one of the biggest employers in the world. By completing this program, you will obtain an understanding of the travel industry, agency operations, computer reservation systems, ticketing, destinations, geography, customer service and sales techniques. For reservations and ticketing you will be working with the premier electronic airline reservation system in the world!

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